

BOW MIDDLE SCHOOL
JUNE MENU

This menu meets the nutritional guidelines for the National School Lunch Program. USDA is an equal opportunity provider, employer, and lender. Menus are subject to change without notice. We do our very best to communicate changes in a timely manner. Please inform your server if you have an allergy.

Breakfast costs $2 (reduced $.0) and Lunch is $3 (reduced $.40) and comes with a milk choice, and many fruit and veggie choices.

Milk or juice without meal $.50, Large water $1, all double entree $2.50, most snack choices $1.25

Everyday choices may include one or more of the following:

Pizza, sandwiches, protein packs and garden salads.

All meals come with a variety of fruit, vegetables and milk.

We offer 1% and chocolate fat free milk

Breakfast menu: **A variety of cereal, baked goods, hot items & smoothies, fruit, juice and milk choice (1% or chocolate fat free) are served daily.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French toast bites Hashbrown String cheese yogurt Baked beans Orange wedges	Breaded Chicken patty Mashed potatoes Pineapple Buttered carrots	cheeseburger or hot dog Asst. chips Baby carrots Apple slices	Beef & cheese Nachos Refried beans rice Corn peaches	Crazy alacarte veggies w/ dipping sauce 100% juice slush
Dutch waffles Sausage links Hashbrown Grapefruit	Popcorn chicken Seasoned rice Green beans Strawberry cups	Chicken items Corn Pears	Corn dog on a Stick Asst. chips Baby carrots Fruit	Pizza Party! Veggie of the day Mixed fruit choice
HAVE	**A**	**GREAT**	**SUMMER**	**BREAK**