

Sister Thea Bowman School



AVAILABLE DAILY

We offer General Mills Cereal and Cereal Bars as additional Entrée choices. Breakfast includes milk, fruit and juice choice.



* indicates the item contains Pork

USDA is an equal opportunity provider and employer. Menus are subject to change.

Monday, November 3

Breakfast

Breakfast Bagel*
Lunch

-Bacon & Cheese Breaded Chicken Sandwich*
-Cheese Quesadilla
-Popcorn Chicken Salad & Bosco Stick
-PBJ Sandwich
Baked Beans
Chilled Pears
Cold Milk

Tuesday, November 4

Breakfast

Yogurt Parfait & Nutri-grain Bar

Lunch

-Chicken & Waffles
-Toasted Cheese Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Green Beans
Chilled Applesauce
Cold Milk

Wed., November 5

Breakfast

Mini Cinnis

Lunch

-Pepperoni Pizza*
-Turkey & Cheese Croissant
-Chef Salad & Bosco Stick
-PBJ Sandwich
Cheesy Broccoli
Mixed Fruit
Cold Milk

Thursday, November 6

Breakfast

Sausage & Cheese English Muffin*

Lunch

-Chicken Nuggets & Macaroni with Cheese
-BBQ Ribette Sandwich*
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Candied Sweet Potatoes
Fresh Apple
Cold Milk

Friday, November 7

Breakfast

Mini Pancakes & Syrup

Lunch

-Chili & Crackers
-Sub Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Goldfish Crackers
Sweet Corn
Chilled Peaches
Cold Milk

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

Monday, November 10

Breakfast

Cheesy Chicken Biscuit

Lunch

-Corn Dog
-Meatball Sandwich
-Popcorn Chicken Salad & Bosco Stick
-PBJ Sandwich
Peas & Carrots
Mixed Fruit
Cold Milk

Tuesday, November 11



**Veteran's Day
No School
Today**

Wed., November 12

Breakfast

Cinnamon Toast Crunch Muffin

Lunch

-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Emoji Potatoes
Applesauce
Cold Milk

Thursday, November 13

Breakfast

Cheesy Scrambled Eggs & Biscuit

Lunch

-Mozzarella Sticks & Dipping Sauce
-Hot Ham & Cheese Sandwich
-Italian Salad & Bosco Stick*
-PBJ Sandwich
Sweet Corn
Chilled Peaches
Cold Milk

Friday, November 14

Breakfast

Pancake & Sausage on Stick*

Lunch

-Soft Chicken Tacos
-Cheesy Fish Sandwich
-Chef Salad & Bosco Stick
-PBJ Sandwich
Ranchero Beans
Chilled Pears
Cold Milk

