

Bow High School

April Lunch Menu

This menu meets the nutritional guidelines for the National School Lunch Program/ USDA is an equal opportunity provider & employer

Breakfast: \$Varies/full meal brkfast \$2.25 (R) \$.30 Lunch: \$2.75 / (R) \$.40 all meals include choice of milk. Adult meal \$3 including drink.
Milk or OJ without meal: \$.50 - Large Water: \$1.25,
All Snack Choices \$.75-\$2.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Monte-Cristo sandwich Home fries Baked beans</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>4 Grilled cheese sandwich w/ Campbell's tomato soup</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>5 Spaghetti & meatballs Garlic roll Veggie choice</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>6 Turkey & gravy over Mashed potato Corn & cranberry sauce</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>7 Go crazy A-La-Carte Day!</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>
<p>10 Hotdog w/ oven fries & baked beans</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>11 Chicken burrito bowl Black beans Mexi-rice</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>12 Homemade Mac & cheese Roll w/ marg</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>13 Chicken salad wrap w/ Potato salad Raisins</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>14 Go crazy A-La-Carte Day!</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>
<p>17 French toast sticks Home Fries Sausage links Baked beans</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>18 Go crazy A-La-Carte Day!</p> <p>Hot & cold sandwiches & salad selections daily. Pizza Variety</p>	<p>19 <i>Intersession</i></p> <p><i>Bag Lunch Choice from 11 – 11:45</i></p>	<p>20 <i>Intersession</i></p> <p><i>Bag Lunch Choice from 11 – 11:45</i></p>	<p>21 <i>Intersession</i></p> <p><i>Bag Lunch Choice from 11 – 11:45</i></p>
<p>24</p> <p style="text-align: center;"><i>Spring Break</i></p>	<p>25</p> <p style="text-align: center;"><i>Spring Break</i></p>	<p>26</p> <p style="text-align: center;"><i>Enjoy your spring break!</i></p>	<p>27</p> <p style="text-align: center;"><i>Spring Break</i></p>	<p>28</p> <p style="text-align: center;"><i>See you on Monday!</i></p>

Bow Memorial School

April Lunch Menu

This menu meets the nutritional guidelines for the National School Lunch Program/ USDA is an equal opportunity provider & employer

Breakfast: \$1.50 / (R) \$.30 Lunch: \$2.75 / (R) \$.40 all meals include choice of milk. Adult meal \$3 including drink.

Milk or OJ without meal: \$.50 - Large Water: \$1.25, small water \$.50

All Double Meals- \$1.50 , All Snack Choices \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Spring Break April 24th-28th See you on Monday May 1nd!</i></p>	<p><i>Daily a la carte choices vary including: grilled cheese, chicken products, bbq riblets</i></p>	<p><i>hamburgers & cheeseburgers, hotdogs, assorted salads and sandwiches, pizza and more.</i></p>		
<p>3 <i>Brunch for Lunch</i> Sausage, egg & cheese sandwich Hash brown Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>4 Popcorn chicken w/orange sauce Brown rice Broccoli Egg roll Fortune cookies Choice of Fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>5 Beef or chicken Nachos w/cheese Corn & black bean salad Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>6 Grilled cheese sandwich Oven fries Celery sticks Goldfish crackers Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>7 <i>Go crazy A-La-Carte</i> Choice of many different items (popcorn chicken, hot dogs, pizza, hamburger, sandwiches, salads and more) all served with choice of fruit and veggie</p>
<p>10 <i>Brunch for Lunch</i> French toast sticks w/ syrup Baked beans Hash brown Yogurt <i>Asst. sandwiches, wraps & salads</i></p>	<p>11 Chicken tenders Cheesy rice Broccoli Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>12 <i>Deli Bar</i> Turkey or ham subs With all the fixin's Macaroni salad Baby carrots Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>13 Pasta w/ meat sauce Roll w/marg Green beans Carrots <i>Asst. sandwiches, wraps & salads</i></p>	<p>14 <i>Go crazy A-La-Carte</i> Choice of many different items (popcorn chicken, hot dogs, pizza, hamburger, sandwiches, salads and more) all served with choice of fruit and veggie</p>
<p>17 <i>Brunch for Lunch</i> Mini pancakes w/ syrup Sausage links Hash brown Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>18 Chicken patty sandwich Oven fries Broccoli Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>19 Beef or chicken tacos w/ all the fixins Corn & refried bean Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>20 Pepperoni pizza wrap Veggie of the day Choice of Fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>21 <i>Spring Break Bag Lunch</i> Corn dog on a stick Veggie sticks Smart food popcorn Choice of fruit No sandwich or salad today</p>

Mondays:

Greek salad
Chicken Pesto Panini
Hamburgers
Spicy chicken sandwich
Papa Gino's pizza
Popcorn chicken
Other assorted sandwiches

Tuesdays:

Chicken Caesar salad
Turkey, Cheddar, Bacon sandwich
Steak & cheese subs
Chicken patty sandwich
Little Caesar's pizza
Buffalo popcorn chicken
Other assorted sandwiches

Wednesdays:

Taco salad
Chicken Caesar wraps
Italian sausage subs
Grilled chicken sandwich
Papa Gino's pizza
Popcorn chicken
Other assorted sandwiches

Thursdays:

Cobb Salad
Chicken parm sandwich or asst. type
Papa Caesar's pizza
Popcorn chicken
BBQ riblet or asst. beef product
Other assorted sandwiches

Fridays:

Asian popcorn chicken salad
Club sandwich
Hot dogs
Mc Falcon chicken sandwich
Pizza choice
Popcorn chicken

Vegetarian choices:

Monday- Garden salad, Greek salad & pizza

Tuesday- Garden salad, 4 layer dip & chips,
& pizza

Wednesday- Garden salad, tuna or egg sand
& pizza

Thursday- Garden salad & pizza

Friday- Garden salad, hummus & veggies &
pizza