

# Bow Elementary School

## March Lunch Menu

*This menu meets the nutritional guidelines for the National School Lunch Program/ Bow School District is an equal opportunity Provider*

Breakfast: \$1.50 / (R) \$.30 Lunch: \$2.25 / (R) \$.40 all meals include choice of milk. Adult meal \$3.00 including drink.  
Milk or OJ without meal: \$.50 - Large Water: \$1.25, small water \$.50  
All Double Meals- \$1.50 , Snack Choices all \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Everyday Choices</u>  <b>Bagel lunch</b>  <b>Ham &amp; cheese sand</b>  <b>Sunbutter &amp; jelly sand</b>  <b>Garden salad w/protein</b>  <b>Munchable meal</b>  <b>Fruit &amp; yogurt parfaits</b></p>	<p><i>Our Munchable Meal is a healthier version of the "Lunchable", but... we make it here! It is a very popular choice with all the meal components including a fruit &amp; veggie! So dig in!!</i></p>	<p>1</p> <p><b>WINTER BREAK</b></p>	<p>2</p> <p><b>WINTER BREAK</b></p>	<p>3</p> <p><b>WINTER BREAK</b>   <b>SEE YOU ON MONDAY</b></p>
<p>6            Papa Gino's pizza            Garden salad            Baby carrots            Choice of fruit</p>	<p>7            Chicken nuggets            mixed veggie            Cheesy rice            Choice of fruit</p>	<p>8  <u>Brunch for Lunch</u>            Pancake &amp; sausage on a stick            Hash brown            Baked beans            Yogurt            Choice of fruit</p>	<p>9            Nacho tacos w/ meat &amp; cheese            Mexi-rice            steamed corn            Choice of fruit</p>	<p>10            Grilled cheese sandwich            Campbell's tom. soup            Baby carrots            Goldfish crackers            Choice of fruit</p>
<p>13            Papa Gino's pizza            Garden salad            Celery sticks            Choice of fruit</p>	<p>14  <b>NO SCHOOL</b>  <b>Teacher Workshop</b></p>	<p>15  <u>Brunch for Lunch</u>            French toast sticks            Hash brown            Seasoned chic peas            Sausage rounds            Choice of fruit</p>	<p>16            Pasta w/ meat sauce            Carrots            Green beans            Garlic bread stick            Choice of fruit</p>	<p>17            French Bread pizza            Caesar Salad            Celery sticks            Choice of fruit</p>
<p>20            Papa Gino's pizza            Garden salad            Raw broccoli            Choice of fruit</p>	<p>21            Popcorn chicken            Broccoli            Mashed potatoes            Roll w/ marg            Choice of fruit</p>	<p>22  <u>Brunch for Lunch</u>            Mini pancakes            Hash brown            Baked beans            Sausage links            Choice of fruit</p>	<p>23            Mac &amp; Cheese            Steamed carrots            Cauliflower            Roll w/ marg            Choice of fruit</p>	<p>24            Hot dog on a roll            Tater Tots            Baby carrots            Choice of fruit</p>
<p>27            Papa Gino's pizza            Garden salad            Baby carrots            Choice of fruit</p>	<p>28            Chicken patty on a roll            Oven fries            Mixed veggie            Choice of fruit</p>	<p>29  <u>Brunch for Lunch</u>            Sausage, egg &amp; cheese on English muffin            Hash brown            Rstd chic peas            Choice of fruit</p>	<p>30  <u>Senior Luncheon</u>  <u>Bag lunch today</u>            Mini cinnamon rolls            Cheese stick            Baby carrots            100% juice box            Smartfood popcorn  <i>No Everyday choices today</i></p>	<p>31            Mozzarella sticks            Marinara sauce            Cauliflower            Broccoli            Choice of fruit</p>

# Bow Memorial School

## March Hot Lunch Menu

*This menu meets the nutritional guidelines for the National School Lunch Program, Bow School District is an equal opportunity provider*

\$1.75 breakfast, \$.30 reduced / Lunch: \$2.75 / (R) \$.40 all meals include choice of milk. Adult meal \$3.00 including drink.

Milk or OJ without meal: \$.50 - Large Water: \$1.25, small water \$.50, Double meals \$1.50, all snack choices \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Daily a la carte choices vary including: grilled cheese, chicken products, bbq riblets,</i></p>	<p><i>hamburgers &amp; cheeseburgers, hotdogs, assorted salads and sandwiches, pizza and more.</i></p>	<p>1</p> <p><i>Winter Break</i></p>	<p>2</p> <p><i>Winter Break</i></p>	<p>3</p> <p><i>Winter Break</i></p> <p><i>See you on Monday</i></p>
<p>6 <u><b>Brunch for Lunch</b></u> Scrambled eggs w/ Sausage round Tater tots Baked beans Cinnamon roll Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>7 Popcorn chicken bowl w/ mashed potato, corn, gravy &amp; cheese Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>8 Chicken nuggets w/ asst. sauces Brown rice Peas &amp; corn Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>9 Grilled cheese w/ Campbell's tomato soup Raw broccoli Goldfish crackers Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>10 <u><i>Go crazy A-La-Carte</i></u> 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>13 <b>PIE DAY</b> <u><b>Brunch for Lunch</b></u> Pancakes w/ syrup Sausage links Hash brown seasoned chic peas <i>Asst. sandwiches, wraps &amp; salads</i></p>	<p>14</p> <p><i>No School Today</i> <i>Teacher Workshop</i></p>	<p>15 Pasta w/ meatballs Cauliflower &amp; Broccoli Garlic bread stick Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>16 Hamburger or Cheeseburger Oven fries Lettuce &amp; tomato Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>17 <u><i>Go crazy A-La-Carte</i></u> 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>20 <u><b>Brunch for Lunch</b></u> Bacon or sausage, egg &amp; cheese sandwich Hash brown Baked beans Choice of fruit <i>Asst. sandwiches, wraps &amp; salads</i></p>	<p>21 Mini corn dogs Oven fries Carrots Green beans Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>22 Deli Bar Create your own With all the fixins' Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>23 Nachos w/ cheese &amp; beef or chicken Corn Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>24 <u><i>Go crazy A-La-Carte</i></u> 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>27 <u><b>Brunch for Lunch</b></u> French toast sticks Hash brown Sausage rounds Baked beans Choice of fruit <i>Asst. sandwiches, wraps &amp; salads</i></p>	<p>28 Chicken quesadillas w/ all the fixin's Mexi-rice Corn Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>29 Pasta w/ meat sauce Carrots Peas Roll w/ marg Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>30 Hot dog on a roll Tater tots Raw broccoli Choice of fruit <i>Asst. sandwiches, wraps &amp; salad</i></p>	<p>31 <u><i>Go crazy A-La-Carte</i></u> Choice of many different items (popcorn chicken, hot dogs, pizza, hamburger, sandwiches, salads and more) all served with choice of fruit and veggie</p>

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# Bow High School

## March Hot Lunch Menu

*This menu meets the nutritional guidelines for the National School Lunch Program*

Lunch: \$2.75 / (R) \$.40 all meals include choice of milk. Adult meal \$3.00 including drink.  
Milk or OJ without meal: \$.55 - Large Water: \$1.25, small water \$.55

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<i>Winter Break</i>	<i>Winter Break</i>	<i>Winter Break</i>  <i>See you on Monday</i>
6	7	8	9	10
Breakfast choice w/ sausage links, home fries and beans  Hot & cold sandwiches & salad selections Pizza	SGT. Lougee Special Grilled cheese & Campbell's tomato soup  Hot & cold sandwiches & salad selections Pizza	Popcorn chicken bowl w/ mashed potato, corn, cheese & gravy  Hot & cold sandwiches & salad selections Pizza	Pasta w/ meat sauce Garlic roll Soup of the day  Hot & cold sandwiches & salad selections Pizza	Go crazy Ala carte day!  Hot & cold sandwiches & salad selections Pizza variety
13	14	15	16	17
Hot dog w/ baked beans Oven fries  Hot & cold sandwiches & salad selections Pizza	<i>No School</i> <i>Teacher Workshop</i>	Ms. Conway's Famous Taco bake  Hot & cold sandwiches & salad selections Pizza	Beef & broccoli bowl over rice Soup of the day  Hot & cold sandwiches & salad selections Pizza	Go crazy Ala carte day!  Hot & cold sandwiches & salad selections Pizza variety
20	21	22	23	24
French toast sticks Sausage links Baked beans Home fries Hot & cold sandwiches & salad selections Pizza	Soup of the day w/ Grilled ham & cheese  Hot & cold sandwiches & salad selections Pizza	Sweet & Sour popcorn chicken Take out box Oriental veggies Brown rice Egg roll Hot & cold sandwiches & salad selections Pizza	Meatball subs Oven fries Soup of the day  Hot & cold sandwiches & salad selections Pizza	Go crazy Ala carte day!  Hot & cold sandwiches & salad selections Pizza variety
27	28	29	30	31
Taco boats Mexi-rice & corn Hot & cold sandwiches & salad selections Pizza variety	Chicken parm w/spaghetti Green beans Garlic bread stick Soup of the day Hot & cold sandwiches & salad selections	Roasted chicken Mashed potato Broccoli Hot & cold sandwiches & salad selections Pizza	BBQ pulled pork sub Coleslaw Soup of the day  Hot & cold sandwiches & salad selections Pizza	Go crazy Ala carte day!  Hot & cold sandwiches & salad selections Pizza variety

	Pizza			
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**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