

Bow Elementary School

May 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 , All Snack Choices \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Papa Gino's pizza Garden salad Raw cauliflower & broccoli Choice of fruit</p>	<p>2</p> <p>Popcorn chicken mixed veggie Buttered noodles Choice of fruit</p>	<p>3</p> <p><u>Brunch for Lunch</u> French toast sticks Hash brown Sausage links Baked beans Choice of fruit</p>	<p>4</p> <p>Spaghetti w/ meatsauce Steamed carrots Cauliflower Roll w/ marg Choice of fruit</p>	<p>7</p> <p>Cheese or pepperoni pizza wraps Caesar Salad Celery sticks Choice of fruit</p>
<p>8</p> <p>Papa Gino's pizza Garden salad Baby carrots Choice of fruit</p>	<p>9</p> <p>Corn dog on a stick Tater tots Cucumber slices Choice of fruit</p>	<p>10</p> <p><u>Brunch for Lunch</u> Pancakes w/ syrup Scrambled eggs Hash brown Baked beans Choice of fruit</p>	<p>11</p> <p>Nachos tacos w/ chili & cheese sauce Mexi-rice Steamed corn Choice of fruit</p>	<p>12</p> <p>Cheeseburger on bun Pasta salad Cherry tomatoes Choice of Fruit</p>
<p>15</p> <p>Papa Gino's pizza Garden salad Celery sticks Choice of fruit</p>	<p>16</p> <p>Turkey & gravy Over mashed potato Broccoli Roll w/ marg Choice of fruit</p>	<p>17</p> <p><u>Brunch for Lunch</u> Sausage, egg & cheese on A bagel Hash brown Roasted chic peas Choice of fruit</p>	<p>18</p> <p>Meatball sub Smile fries Green beans Choice of fruit</p>	<p>19</p> <p>Hot dog on a roll Tater Tots Baby carrots Choice of fruit</p>
<p>22</p> <p>Papa Gino's pizza Garden salad Raw broccoli Choice of fruit</p>	<p>23</p> <p>Chicken patty on a roll Smile fries Steamed carrots Choice of fruit</p>	<p>24</p> <p><u>Brunch for Lunch</u> Pancake & sausage on a stick Hash brown Baked beans Choice of fruit</p>	<p>25</p> <p>Grilled cheese sandwich w/ soup Baby carrots Goldfish crackers Choice of fruit</p>	<p>26</p> <p>Cheesy sticks Marinara sauce Cauliflower Broccoli Choice of fruit</p>
<p>29</p> <p style="text-align: center;"><i>No School Today Memorial Day</i></p>	<p>30</p> <p>Chicken tenders Brown rice carrots Broccoli Choice of fruit</p>	<p>31</p> <p><u>Brunch for Lunch</u> Waffle sticks Hash brown Sausage links Seasoned chic peas Choice of fruit</p>	<p><u>Everyday Choices</u> <u>Bagel lunch</u> <i>Ham & cheese sand Sunbutter & jelly sand Garden salad w/protein Munchable meal Fruit & yogurt parfaits</i></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 & veggie! So dig in!!</i></p>

Bow Memorial School

May 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>1</p> <p><u>Brunch for Lunch</u> French toast sticks w/ syrup Hash brown Baked beans Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>2</p> <p>Chicken nuggets Mashed potato w/ gravy Peas & corn Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>3</p> <p>Baked Ziti Garlic bread stick Mixed veggies Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>4</p> <p>Mini corn dogs Oven fries Carrots sticks Green beans Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>5</p> <p><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>8</p> <p>Pancake & sausage On a stick Hash brown Baked beans Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>9</p> <p>Chicken quesadillas w/ all the fixin's Mexi-rice Corn Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>10</p> <p>Meatball sub Smiley fries Cucumber or carrot sticks Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>11</p> <p>Grilled cheese Raw broccoli Goldfish crackers Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>12</p> <p><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>15</p> <p><u>Brunch for Lunch</u> Sausage, egg & cheese sandwich Hash brown Baked beans Choice of fruit <i>Asst. sandwiches, wraps & salads</i></p>	<p>16</p> <p>Chicken patty on a bun Brown rice Green beans Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>17</p> <p>Pasta w/ meatballs Cauliflower & Broccoli Roll w/ marg Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>18</p> <p>Hot dog on a roll Oven fries Pasta salad Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>19</p> <p><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>22</p> <p><u>Brunch for Lunch</u> Waffles w/ syrup Sausage links Hash brown Baked beans <i>Asst. sandwiches, wraps & salads</i></p>	<p>23</p> <p>BBQ chicken on bone Sweet potato fries Corn on the cob Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>24</p> <p>Hamburger or cheeseburger Tater tots Pasta salad Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>25</p> <p>Nachos w/ cheese & Beef or chicken Broccoli Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>26</p> <p><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>29</p> <p style="text-align: center;">No School Today Memorial Day</p>	<p>30</p> <p>Popcorn chicken bowl w/ potato, corn, gravy & cheese Choice of fruit <i>Asst. sandwiches, wraps & salad</i></p>	<p>31</p>		<p style="text-align: center;"><i>Papa Gino's pizza served Monday -Thursday</i></p>

Bow High School

May Hot Lunch Menu

This menu meets the nutritional guidelines for the National School Lunch Program/ Bow School District is an Equal Opportunity Employer

Breakfast \$2.25 (R) \$.30/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 \$.55

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast choice w/ sausage links, home fries and beans</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>2</p> <p>Grilled cheese & Campbell's tomato soup</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>3</p> <p>Pasta w/ meat sauce Garlic bread stick Veggie choice</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>4</p> <p>Bacon cheeseburgers Oven fries Corn on cob</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>5</p> <p>Go crazy Ala carte day!</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza variety</p>
<p>8</p> <p>Loaded baked potato w/ chili, broccoli & cheese</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza variety</p>	<p>9</p> <p>Stuffed Shells w/ meat sauce Garlic bread stick</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>10</p> <p>Popcorn chicken bowl w/ mashed potato, corn, cheese & gravy</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>11</p> <p>BBQ chicken on bone Potato salad</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>12</p> <p>Go crazy Ala carte day!</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza variety</p>
<p>15</p> <p>French toast sticks Sausage links Baked beans Home fries</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>16</p> <p>Meatball sub w/ oven fries</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>17</p> <p>Ms. Conway's Famous Taco bake</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>18</p> <p>Fish & Chips With veggie</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>19</p> <p>Go crazy Ala carte day!</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza variety</p>
<p>22</p> <p>Chicken fajitas w/ rice, black beans & cheese</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>23</p> <p>Grilled ham & cheese sandwich w/ pasta salad</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>24</p> <p>Teriyaki popcorn chicken Take out box Oriental veggies Brown rice Egg roll Fortune cookie</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>25</p> <p>Hot dog on a roll w/ baked beans oven fries</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza</p>	<p>26</p> <p>Go crazy Ala carte day!</p> <p>Hot & cold sandwiches & salad selections</p> <p>Pizza variety</p>
<p>29</p> <p>No School Today Memorial Day</p>	<p>30</p> <p>Cold Asian chicken salad on lettuce</p> <p>Hot & cold sandwiches & salad selections</p>	<p>31</p> <p>Chicken tender sub w/ potato chips veggie sticks</p> <p>Hot & cold sandwiches & salad selections</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