

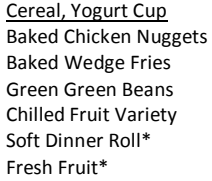
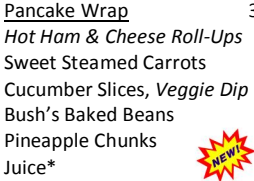

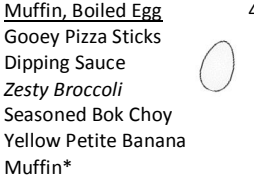













# Bowler School District Menus January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Harvest of the Month Oranges</b></p> <p>Oranges are grown throughout the world in tropical and subtropical areas, but they achieve the best quality under subtropical conditions. For the most part, the warm, humid conditions of South Texas produce a thin-skinned, yellowish orange fruit with yellowish orange flesh that is quite sweet and juicy.</p> <p>Breakfast - Alt. Cereal Lettuce Salad Daily Four cold milk choices *Grab n Go Breakfast *Fast Lane Lunch</p> <p>"School Made Items"</p> <p>** grades 6-8 * grades 9 -12</p> <p>USDA is an equal opportunity provider and employer</p> <p>Menu subject to change notice posted when available</p>				 	 
	<u>Pop Tart, Cheese Stick</u> 7 Waffles, Sticky Syrup Round Egg Pattie Sweet Tater Puffs Cucumbers, <i>Veggie Dip</i> 100% Fruit Juice Mixed Fruit**	<u>Sausage Pizza</u> 8 Chicken Strip Wrap Shredded Cheese Cup Corn Niblets Red Tomatoes Fruit Variety Mixed Fruit** Sidekick* 	<u>Breakfast Burrito</u> 9 Juicy Panther Burger Tomato, Onion, Mayo Steamed Broccoli Cauliflower Dippers Fresh Fruit Mixed Fruit**	<u>French Toast Sticks</u> 10 Cheese Dippers Marinara Sauce Romaine Spinach Salad Carrot & Celery Sticks, <i>Dip</i> Peach Slices Scooby Do Grahams*	<u>Hot Cocoa Muffin, Yogurt</u> 11 Grilled Chicken Pattie WG Bun Carrot Pak, <i>Hummus Dip</i> Bowlers Best Baked Beans Green Beans Fruit Variety 
	<u>Mini Bagel, Boiled Egg</u> 14 <i>Chicken Noodle Soup</i> Raw Veggies, Creamy Dip Cold Peaches Sliced Bread Assorted Jellies Canned Fruit** 	<u>Banana Bread, Yogurt</u> 15 Hot Diggety Dog on a Bun Fresh Romaine Salad Country Baked Beans Pineapple Tidbits Cookie** Fruit**	<u>Cinnamon Roll, Cheese</u> 16 <i>Meat Lovers Stromboli</i> Roasted Broccoli X-Ray Vision Carrots <i>Veggie Dip</i> Fruit Variety 100% Fruit Juice Side Breadstick 	<u>Mini-Parfait, Grahams</u> 17 <i>Savory Pork Roast &amp; Gravy</i> <i>Lumpy Mashed Potatoes</i> California Blend Pink Pears Soft Dinner Roll & Jelly Mixed Fruit** Graham Pkg.*	<u>Otis Muffin, Raisels</u> 18 Baked Fish Wedge Tartar Sauce Cup <i>Creamy Coleslaw</i> Golden Corn Saucy Applesauce Dinner Roll, Jelly Fresh Fruit*
	<u>Apples &amp; P-nut Butter</u> 21 Corn Puppies Buttered Pasta Cucumber Sticks <i>Hummus Veggie Dip</i> Sweet Strawberries Mixed Fruit**	<u>French Toast Sticks</u> 22 Orange Chicken Fluffy WG Rice Steamed Broccoli Juicy Mandarin Oranges Today's "Fortune" Cookie Mixed Fruit** Juice*	<u>Scrambled Eggs &amp; Biscuit</u> 23 <i>Pizza Lunch-able</i> Flatbread Marinara Sauce Cup Mozzarella Cheese Pepperoni Slices Carrot Pak, Apple Slices Muffin* 	<u>Oatmeal, Yogurt</u> 24 <i>Toasted Cheese Sandwich</i> Steamy Tomato Soup WG Crackers Green Beans Cold Peach Slices Mixed Fruit**	
	<u>Breakfast Pizza</u> 28 Teriyaki Coated Chicken with a Pasta Bowl Roasted Asian Veggies Crunchy Celery, <i>Dip</i> Pineapple Tidbits Fortune Cookie, Sherbet**	<u>Waffles &amp; Sausage Pattie</u> 29 Warm Fry Bread Taco Shredded Lettuce, Salsa Refried Beans, Sour Cream <i>Warm Cinnamon Apples</i> Canned Fruit** Roll** 	<u>Sweet Roll, Cott. Cheese</u> 30 Hot Dog on a Bun Crunchy Tater Barrels Bush's Baked Beans Lettuce Salad Blushing Pears Grahams** Fruit** 	<u>Smoothie, Grahams</u> 31 Chicken Nuggets Sweet Potato Fries Mixed Fruit Dinner Roll, Jelly Fresh Fruit* Frozen Yogurt*	