



Bower Hill Lunch Menu

November 2018

			1 Waffles/Sausage Cheeseburger Chicken Caesar Salad Turkey Hoagie Sliced Carrots Pineapple Tidbits	2 Chicken Parm w/ Pasta Mini Corn Dogs Chicken Caesar Salad Turkey Hoagie Steamed Broccoli Mandarin Oranges
5 Chicken Mashed Potato Bowl/Mini Soft Pretzel Cheese Pizza Sticks/Sauce Popcorn Chicken Salad Ham Hoagie French Fries Diced Peaches	6 Pizza Hut Pizza Chicken Patty Sandwich Popcorn Chicken Salad Ham Hoagie Sliced Carrots Applesauce	7 Walking Taco Chicken Tenders/Roll Popcorn Chicken Salad Ham Hoagie Pinto Beans Blueberries	8 Pancakes/Sausage Hot Dog Popcorn Chicken Salad Ham Hoagie Cauliflower Diced Pears	9 Pasta Bar Pork BBQ Sandwich Popcorn Chicken Salad Ham Hoagie Peas & Carrots Fruit Cocktail
12 Orange Popcorn Chix /Rice Meatball Sub All American Chef Salad Pita/Veggie/Hummus Kit Sliced Carrots Diced Peaches	13 Cheese Pizza Grilled Cheese All American Chef Salad Pita/Veggie/Hummus Kit Steamed Broccoli Applesauce	14 Nachos Grande Chicken Nuggets /Breadstick All American Chef Salad Pita/Veggies/Hummus Kit Corn Grapes	15 Waffles/Sausage Cheeseburger All American Chef Salad Pita/Veggies/Hummus Kit Hash Brown Pineapple Tidbits	16 Cheese Quesadilla Mini Corn Dogs All American Chef Salad Pita/Veggies/Hummus Kit Baked Beans Mandarin Oranges
19 Shrimp Poppers /Breadstick Cheese Pizza Sticks/Sauce Fruit & Cheese Platter Ranch Chicken Wrap French Fries Diced Peaches	20 Turkey w/ Stuffing Chicken Patty Sandwich Fruit & Cheese Platter Ranch Chicken Wrap Mashed Potatoes Applesauce	21 No School Inservice	22 No School Thanksgiving Break	23 No School Thanksgiving Break
26 No School Thanksgiving Break	27 Cheese Pizza Grilled Cheese Buffalo Chicken Salad Italian Hoagie Baked Beans Applesauce	28 Chicken Soft Tacos/Rice Chicken Nuggets /Breadstick Buffalo Chicken Salad Italian Hoagie Corn Grapes	29 French Toast Sticks /Sausage Cheeseburger Buffalo Chicken Salad Italian Hoagie Sliced Carrots Pineapple Tidbits	30 Mac N Cheese/Fish Sticks Pork BBQ Sandwich Buffalo Chicken Salad Italian Hoagie Steamed Broccoli Mandarin Oranges

Daily Features:

- Grab N Go Flatbread Pizza Kit
- Yogurt Parfait
- WG Pretzel/Cheese Stick/Trix Yogurt
- SunButter & Jelly Sandwich
- Apples, Oranges & Bananas

Veggies May Include:

- Baby Carrots, Broccoli Florets, Red Pepper Strips, Cucumber Slices, Grape Tomatoes & Celery Sticks
- Available Daily:**
Fat-Free and 1% white milk as well as Fat-Free flavored milk choices

This institution is an equal opportunity provider.

We are looking for Cafeteria Substitute Workers!
 Please contact Food Service @ 724-941-6251 x 7226

