

Bower Hill Lunch Menu

October 2019

Chicken Tacos with Pineapple Salsa



Pizza Hut Pizza

Chicken Quesadilla w/ Rice Grilled Chicken Salad Italian Hoagie

BBQ Pinto Beans **Diced Pears**

Nachos Grande Hot Dog Grilled Chicken Salad

Italian Hoagie

Corn Grapes

Waffles & Sausage Ham & Cheese Melt

Grilled Chicken Salad Italian Hoagie

Green Beans Apple Slices

Sausage

Macaroni & Cheese

Chicken Tenders/Roll Grilled Chicken Salad Italian Hoagie

Steamed Broccoli **Diced Peaches**

Chicken Mashed Potato Bowl/Breadstick

Mini Corn Doas Popcorn Chicken Salad Breakfast Muffin Pack

Tater Tots Fruit Cocktail

Personal Pizza

Bacon Cheeseburger Popcorn Chicken Salad Breakfast Muffin Pack

Baked Beans Diced Pears

Chicken Tacos w/ Pineapple Salsa

Italian Cheese Dunkers Popcorn Chicken Salad Breakfast Muffin Pack

Corn Strawberries

fuel

Grilled Cheese Popcorn Chicken Salad Breakfast Muffin Pack

French Toast Sticks &

Seasoned Carrots **Applesauce**

11

Pasta w/Meatballs

Chicken Nuggets/Breadstick Popcorn Chicken Salad Breakfast Muffin Pack

Peas & Carrots **Diced Peaches**

14

Meatball Hoagie

Mini Corn Dogs Ham Chef Salad Turkey Hoagie

French Fries Fruit Cocktail 15

Cheese Pizza

Cheeseburger Ham Chef Salad Turkey Hoagie

CHOCOLATE PUDDING DESSERT

Baked Beans Diced Pears

16

Doritos Walking Taco Hot Dog

Ham Chef Salad Turkey Hoagie

Corn Strawberries 17

Pancakes & Sausage Grilled Cheese

Ham Chef Salad Turkey Hoagie

Hash Brown Applesauce

18 National Pasta Day

Chicken Parm w/ Pasta Chicken Nuggets/Breadstick Ham Chef Salad

Seasoned Carrots **Diced Peaches**

Turkey Hoagie

21

Chicken Mashed Potato Bowl/Mini Soft Pretzel

Philly Cheesesteak Chicken Caesar Salad Ham Hoagie

Seasoned Peas Mandarin Oranges 22

Pizza Hut Pizza

Popcorn Chicken w/ Roll Chicken Caesar Salad Ham Hoagie

Campfire Pinto Beans **Diced Pears**

23

Nachos Grande

Hot Dog Chicken Caesar Salad Ham Hoagie

Corn Grapes 24

No School

25

No School

General Tso's Popcorn Chicken/Rice

Mini Corn Dogs All American Chef Salad Chicken Ranch Wrap

Tater Tots Fruit Cocktail 29

Cheese Pizza

Cheeseburger All American Chef Salad Chicken Ranch Wrap

Baked Beans Diced Pears

Doritos Walking Taco

Italian Cheese Dunkers All American Chef Salad Chicken Ranch Wrap

Corn Strawberries

31 Happy Halloween

Pancakes & Sausage **Grilled Cheese** All American Chef Salad Chicken Ranch Wrap

Steamed Broccoli **Applesauce**



Lucky Tray Day Prize



Daily Features:

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



Be on the lookout!

Ace travels to **London this** month!



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