



# Bower Hill Lunch Menu

October 2018

<p><b>1</b></p> <p><b>Chicken Mashed Potato Bowl/Mini Soft Pretzel</b> Cheese Pizza Sticks/Sauce Popcorn Chicken Salad Ham Hoagie</p> <p>French Fries Diced Peaches</p>	<p><b>2</b></p> <p><b>Pizza Hut Pizza</b> Chicken Patty Sandwich Popcorn Chicken Salad Ham Hoagie</p> <p>Sliced Carrots Applesauce</p>	<p><b>3</b></p> <p><b>Walking Taco</b> Chicken Tenders/Roll Popcorn Chicken Salad Ham Hoagie</p> <p>Pinto Beans Watermelon</p>	<p><b>4</b></p> <p><b>Pancakes/Sausage</b> Hot Dog Popcorn Chicken Salad Ham Hoagie</p> <p>Cauliflower Diced Pears</p>	<p><b>5</b></p> <p><b>Pasta Bar</b> Pork BBQ Sandwich Popcorn Chicken Salad Ham Hoagie</p> <p>Peas &amp; Carrots Kiwi &amp; Strawberry Cup</p>
<p><b>8</b></p> <p><b>Orange Popcorn Chix /Rice</b> Meatball Sub All American Chef Salad Pita/Veggie/Hummus Kit</p> <p>Sliced Carrots Diced Peaches</p>	<p><b>9</b></p> <p><b>Cheese Pizza</b> Grilled Cheese All American Chef Salad Pita/Veggie/Hummus Kit</p> <p>Steamed Broccoli Applesauce</p>	<p><b>10</b></p> <p><b>Nachos Grande</b> Chicken Nuggets /Breadstick All American Chef Salad Pita/Veggies/Hummus Kit</p> <p>Corn Grapes</p>	<p><b>11</b></p> <p><b>Waffles/Sausage</b> Cheeseburger All American Chef Salad Pita/Veggies/Hummus Kit</p> <p>Hash Brown Pineapple Tidbits</p>	<p><b>12</b></p> <p><b>Cheese Quesadilla</b> Mini Corn Dogs All American Chef Salad Pita/Veggies/Hummus Kit</p> <p>Baked Beans Mandarin Oranges</p>
<p><b>15</b></p> <p><b>Shrimp Poppers /Breadstick</b> Cheese Pizza Sticks/Sauce Fruit &amp; Cheese Platter Ranch Chicken Wrap</p> <p>French Fries Diced Peaches</p>	<p><b>16</b></p> <p><b>Pizza Hut Pizza</b> Chicken Patty Sandwich Fruit &amp; Cheese Platter Ranch Chicken Wrap</p> <p>Green Beans Applesauce</p>	<p><b>17</b></p> <p><b>Walking Taco</b> Chicken Tenders/Roll Fruit &amp; Cheese Platter Ranch Chicken Wrap</p> <p>Pinto Beans Blueberries</p>	<p><b>18</b></p> <p><b>Pancakes/Sausage</b> Hot Dog Fruit &amp; Cheese Platter Ranch Chicken Wrap</p> <p>Cauliflower Diced Pears</p>	<p><b>19</b></p> <p><b>Pasta Bar</b> Chicken Popcorn/Roll Fruit &amp; Cheese Platter Ranch Chicken Wrap</p> <p>Sliced Carrots Fruit Cocktail</p>
<p><b>22</b></p> <p><b>Chicken Nugget Bowl /Roll</b> Chicken Patty Sandwich Buffalo Chicken Salad Italian Hoagie</p> <p>Tater Tots Diced Peaches</p>	<p><b>23</b></p> <p><b>Cheese Pizza</b> Grilled Cheese Buffalo Chicken Salad Italian Hoagie</p> <p>Baked Beans Applesauce</p>	<p><b>24</b></p> <p><b>Nachos Grande</b> Chicken Nuggets /Breadstick Buffalo Chicken Salad Italian Hoagie</p> <p>Corn Grapes</p>	<p><b>25</b></p> <p><b>No School</b></p>	<p><b>26</b></p> <p><b>No School</b></p>
<p><b>29</b></p> <p><b>Breaded Drumstick/Roll</b> Chicken Patty Sandwich Chicken Caesar Salad Turkey Hoagie</p> <p>Mashed Potatoes/Gravy Diced Peaches</p>	<p><b>30</b></p> <p><b>Cheese Pizza</b> Grilled Cheese Chicken Caesar Salad Turkey Hoagie</p> <p>Green Beans Applesauce</p>	<p><b>31</b></p> <p><b>Chix Soft Tacos/Rice</b> Chicken Nuggets /Breadstick Chicken Caesar Salad Turkey Hoagie</p> <p>Baked Beans Grapes</p>	<p><b>1</b></p> <p><b>Waffles/Sausage</b> Cheeseburger Chicken Caesar Salad Turkey Hoagie</p> <p>Sliced Carrots Pineapple Tidbits</p>	<p><b>2</b></p> <p><b>Chicken Parm w/ Pasta</b> Mini Corn Dogs Chicken Caesar Salad Turkey Hoagie</p> <p>Steamed Broccoli Mandarin Oranges</p>

### 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**

