

Bower Hill Lunch Menu

October 2017

2

Chicken Drumstick/Roll

Chicken Patty Sandwich Chicken Caesar Salad Turkey Hoagie

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Mashed Potatoes/Gravy
Diced Peaches

Cheese Pizza

Turkey & Cheese Melt Chicken Caesar Salad Turkey Hoagie

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Green Beans Grapes 4

Chicken Soft Tacos/Rice

Chicken Nuggets/Breadstick Chicken Caesar Salad Turkey Hoagie

Side items
Baked Beans

Applesauce

5

Waffles/Sausage

Cheeseburger Chicken Caesar Salad Turkey Hoagie

side items

Sliced Carrots
Pineapple Tidbits

6

Pasta Bar

Chicken Popcorn/Roll Chicken Caesar Salad Turkey Hoagie

side items

Steamed Spinach Fresh Kiwi

9

Chicken Mashed Potato Bowl/Pretzel

Spicy Chicken Patty Sandwich Popcorn Chicken Salad Ham Hoagie

side items

Cauliflower
Diced Peaches

10 Pizza Hut Day

Pizza Hut Pizza

Fish Melt

Popcorn Chicken Salad Ham Hoagie

Sliced Carrots

Raisins

11

side items

Tater Bite Chicken Nachos

Hot Dog Popcorn Chicken Salad Ham Hoagie

Pinto Beans

Applesauce

19

French Toast Sticks/Sausage

Chicken Tenders/Breadstick Popcorn Chicken Salad Ham Hoagie

side items

Squash

Pineapple Tidbits

13

Pasta Bar

Grilled Cheese Popcorn Chicken Salad Ham Hoagie

side iten

Steamed Broccoli Mandarin Oranges

16

Orange Popcorn Chicken/Rice

Grilled Cheese All American Chef Salad Roast Beef Hoagie

side it

Green Beans & Carrots
Diced Peaches

17

Cheese Pizza

Pierogis/Popcorn Chicken All American Chef Salad Roast Beef Hoagie

Tater Tots

Grapes

18

Walking Taco

Chicken Nuggets/Breadstick All American Chef Salad Roast Beef Hoagie

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side items

Corn Applesauce 19

Cheese Pizza Sticks/Sauce

Cheeseburger All American Chef Salad Roast Beef Hoagie

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Black Beans Pineapple Tidbits 20

Pasta Bar

Pork BBQ Sandwich All American Chef Salad Roast Beef Hoagie

side items

Steamed Spinach Fresh Kiwi

23

Chicken Nugget Bowl/Roll

Chicken Patty Sandwich Fruit & Cheese Platter Chicken Salad Hoagie

side items

Peas Diced Peaches Pizza Hut Day
Pizza Hut Pizza

Ham & Cheese Melt Fruit & Cheese Platter Chicken Salad Hoagie

Baked Beans Raisins **25**

Walking Taco

Chicken Cheesesteak Fruit & Cheese Platter Chicken Salad Hoagie

Corn

Applesauce

26

Waffles/Sausage

Cheeseburger Fruit & Cheese Platter Chicken Salad Hoagie

side items

Sliced Carrots
Pineapple Tidbits

27

Cheese Quesadilla

Chicken Popcorn/Roll Fruit & Cheese Platter Chicken Salad Hoagie

side items

Steamed Broccoli Mandarin Oranges

30

Breaded Chicken Drumstick

Spicy Chicken Patty Sandwich All American Cobb Salad Italian Hoagie

side items

Tater Tots
Diced Peaches

Ki

Cheese Pizza

Grilled Cheese All American Cobb Salad Italian Hoagie

French Fries

Grapes

1

side items

side items

Ovo-Lacto Vegetarian, may contain Egg & Milk

Walking Taco

Chicken Nuggets/Breadstick All American Cobb Salad Italian Hoagie

side items

side items

Green Beans Applesauce 2

No School

No School

side iter



Daily Features: Grab N Go Flatbread Pizza Kit Yogurt Parfait WG Pretzel/Cheese Stick/Trix Yogurt

Nutritional Messages may vary by school.

used when in season

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Baby Carrots, Broccoli Florets, Red Pepper Strips, Cucumber Slices, Grape Tomatoes & Celery Sticks



Available Daily: Fat-Free and 1% white mil



side items

Veggies may include:

Fat-Free flavored milk choices



This institution is an equal opportunity provider.

Local ingredients are always