



Bower Hill Lunch Menu

April 2021

If your child chooses to participate in the lunch program, they simply tell their teacher in the morning during attendance.

Just a reminder: Nutrislice Online Ordering is only for the Middle School & High School.

5
No School

6
No School

7
Chicken Nuggets/ Roll

Green Peas
Baby Carrots
Pineapple Tidbits

100% Fruit Juice
Fat Free Milk

8
Pancakes & Yogurt

Celery Sticks
Grape Tomatoes
Diced Peaches

100% Fruit Juice
Fat Free Milk

9
Flatbread Pizza Kit

Baby Carrots
Red Pepper Strips
Apple Slices

100% Fruit Juice
Fat Free Milk

12
Ham Hoagie

Broccoli Florets
Baby Carrots
Mandarin Oranges

100% Fruit Juice
Fat Free Milk

13
Pizza Hut Pizza

Green Beans
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

14
Chicken Patty Sandwich

Baked Beans
Sliced Cucumbers
Pineapple Tidbits

100% Fruit Juice
Fat Free Milk

15
Waffles & Yogurt

Hash Brown
Celery Sticks
Diced Peaches

100% Fruit Juice
Fat Free Milk

16
Cheeseburger

Steamed Carrots
Sliced Cucumbers
Applesauce

100% Fruit Juice
Fat Free Milk

19
Turkey Wrap

Broccoli Florets
Baby Carrots
Fruit Cocktail

100% Fruit Juice
Fat Free Milk

20
Italian Cheesy Pull-Apart

Smiley Fries
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

21
Hot Dog

Corn
Sliced Cucumbers
Pineapple Tidbits

100% Fruit Juice
Fat Free Milk

22
Pancakes & Yogurt

Celery Sticks
Grape Tomatoes
Diced Peaches

100% Fruit Juice
Fat Free Milk

23
Grilled Cheese

Baby Carrots
Sliced Cucumbers
Apple Slices

100% Fruit Juice
Fat Free Milk

26
Italian Hoagie

Broccoli Florets
Baby Carrots
Mandarin Oranges

100% Fruit Juice
Fat Free Milk

27
Pizza Hut Pizza

Green Beans
Red Pepper Strips
Diced Pears

100% Fruit Juice
Fat Free Milk

28
Chicken Patty Sandwich

Green Peas
Sliced Cucumbers
Pineapple Tidbits

100% Fruit Juice
Fat Free Milk

29
Waffles & Yogurt

Hash Brown
Celery Sticks
Diced Peaches

100% Fruit Juice
Fat Free Milk

30
Mini Bagels w/ Strawberry Cream Cheese

Baby Carrots
Sliced Cucumbers
Applesauce

100% Fruit Juice
Fat Free Milk

Yummy Recipe of the Month: Avocado and Corn Salsa

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|--------------------------------|--------------------------------|
| 1 Avocado diced | 1 Tbsp fresh cilantro, chopped |
| 3/4 Cup corn, frozen or canned | 2 Tsp lime juice |
| 1/2 Grape tomatoes, quartered | 1/4 Tsp salt |
- Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl. Chill for one hour and then serve with your favorite whole grain chip! This could easily be put on top of your favorite tacos as well! Enjoy!

This year, there is such a thing as **FREE LUNCH** FOR ALL STUDENTS #eatwellk12

This institution is an equal opportunity provider.

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

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Offering a limited menu while we deliver lunch to the classroom.