



Bower Hill Elementary Lunch

April 2022

Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose ½ cup of fruit and/or veggie.

Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.

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

1
 Cheddar Cheese Quesadilla *V
 OR
 Berry Yogurt Parfait & Grahams *V
 -----Side Items-----
 Spinach Salad, Grape Tomatoes
 Seasonal Fresh Fruit

4
 Golden Crispy Chicken Nuggets
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

5
 Pepperoni Pizza
 OR
 Oven-Fried Flatbread Pizza Kit
 -----Side Items-----
 Vegetable Medley, Bell Peppers
 Seasonal Fresh Fruit

6
 100% Ground Beef Walking Taco *SC
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Baby Carrots
 Seasonal Fresh Fruit

7
 Waffles & Turkey Sausage Links
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

8
 American Grilled Cheese *V
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Grape Tomatoes
 Seasonal Fresh Fruit

11
 Spring Break
 NO SCHOOL

12
 Spring Break
 NO SCHOOL

13
 Spring Break
 NO SCHOOL

14
 Spring Break
 NO SCHOOL

15
 Spring Break
 NO SCHOOL

18
 100% Beef Hot Dog
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

19
 Breaded Chicken Breast Boneless Wings
 OR
 Oven-Fried Flatbread Pizza Kit
 -----Side Items-----
 Vegetable Medley, Bell Peppers
 Seasonal Fresh Fruit

20
 Grilled Chicken Soft Tacos *SC
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Baby Carrots
 Seasonal Fresh Fruit

21
 Apple Strudel & Turkey Sausage Links
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

22
 BBQ Pork Rib Sandwich
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Grape Tomatoes
 Seasonal Fresh Fruit

25
 Crispy Chicken Breast Sandwich
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Smiley Fries, Baby Carrots
 Seasonal Fresh Fruit

26
 Cheese Stuffed Breadsticks & Marinara *V
 OR
 Oven-Fired Flatbread Pizza Kit
 -----Side Items-----
 Green Beans, Bell Peppers
 Seasonal Fresh Fruit

27
 Mini Corn Dogs
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Pinto Beans, Baby Carrots
 Seasonal Fresh Fruit

28
 French Toast Sticks & Turkey Sausage Links
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Celery Sticks
 Seasonal Fresh Fruit

29
 Macaroni & Cheese *V *SC
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Grape Tomatoes
 Seasonal Fresh Fruit

All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.

*V = Vegetarian *SC = Made from Scratch

A Lunch Meal is complimentary in the school day.
 Second Lunch Meal: \$2.30

Offered Daily with Lunch Meal:
 100% Juice, Skim White, Skim Chocolate and 1% White Milk