



Bower Hill Elementary Lunch

December 2021

Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose 1/2 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
 Grilled Chicken Soft Tacos *SC
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

2
 Apple Strudel & Turkey Sausage Links
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Grape Tomatoes
 Seasonal Fresh Fruit

3
 Breaded Chicken Breast
 Boneless Wings
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

6
 Crispy Chicken Breast Sandwich
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Smiley Fries, Bell Peppers
 Seasonal Fresh Fruit

7
 Cheese Stuffed Breadsticks & Marinara *V
 OR
 Egg, Fruit & Cheese Pack with Crackers *V
 -----Side Items-----
 Green Beans, Baby Carrots
 Seasonal Fresh Fruit

8
 Ground Beef Walking Taco *SC
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Pinto Beans, Cucumber Slices
 Seasonal Fresh Fruit

9
 French Toast Sticks & Turkey Sausage Links
 OR
 Hummus & Veggie Plate with Oven-Fired Flatbread *V
 -----Side Items-----
 Hash Brown, Grape Tomatoes
 Seasonal Fresh Fruit

10
 Macaroni & Cheese *V *SC
 OR
 Grilled Chicken Caesar Salad & Roll
 -----Side Items-----
 Garden Salad, Baby Carrots
 Seasonal Fresh Fruit

13
 100% Beef Burger
 OR
 Sun Butter & Jelly Wrap *V
 -----Side Items-----
 Smiley Fries, Bell Peppers
 Seasonal Fresh Fruit

14
Pizza Hut Cheese Pizza *V
 OR
 Spicy Honey Ham & Cheese Sub
 -----Side Items-----
 Sweet Corn, Baby Carrots
 Seasonal Fresh Fruit

15
 Cheddar Cheese Quesadilla *V
 OR
 Oven Roasted Turkey Chef Salad & Dinner Roll
 -----Side Items-----
 Pinto Beans, Cucumber Slices
 Seasonal Fresh Fruit

16

 Gourmet Ham with Roasted Red Skinned Potatoes & Roll *SC
 OR
 Honey Ham, Roasted Turkey & Cheddar Sandwich
 -----Side Items-----
 Green Peas, Grape Tomatoes
 Seasonal Fresh Fruit

17
 Grilled Chicken Parmesan over Spaghetti *SC
 OR
 Berry Yogurt Parfait & Grahams *V
 -----Side Items-----
 Spinach Salad, Baby Carrots
 Seasonal Fresh Fruit

20
 Golden Crispy Chicken Nuggets
 OR
 Chicken, Feta & Berry Salad & Roll
 -----Side Items-----
 Smiley Fries, Bell Peppers
 Seasonal Fresh Fruit

21
 Pepperoni Pizza
 OR
 Egg, Fruit & Cheese Pack with Crackers *V
 -----Side Items-----
 Vegetable Medley, Baby Carrots
 Seasonal Fresh Fruit

22
 Potato Wedge Chicken Nachos
 OR
 Smoked Turkey & Provolone Wrap
 -----Side Items-----
 Black Beans, Cucumber Slices
 Seasonal Fresh Fruit

23
 Winter Break
 NO SCHOOL

24
 Winter Break
 NO SCHOOL

27
 Winter Break
 NO SCHOOL

28
 Winter Break
 NO SCHOOL

29
 Winter Break
 NO SCHOOL

30
 Winter Break
 NO SCHOOL

31
 Winter Break
 NO SCHOOL

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