



Bower Hill Elementary Lunch

February 2023

Per the USDA, a reimbursable 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, Milk, Fruit, and Veggie.

6

Chicken Parmesan Flatbread
OR
Breaded Chicken Boneless Wings
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

13

Grilled Chicken Ranch Club on Oven-Fired Flatbread
OR
Crispy Chicken Breast Sandwich
OR
Italian Style Sub
-----Side Items-----
Smiley Fries
Seasonal Fresh Fruit

20

NO SCHOOL
President's Day

27

BBQ Pork McRib Sandwich
OR
Breaded Chicken Boneless Wings
OR
Grilled Chicken, Feta Cheese, and Berry Salad
-----Side Items-----
Baked Beans
Seasonal Fresh Fruit

7

Cheese Stuffed Breadsticks & Marinara Sauce*V
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

14

Happy Valentine's Day

Pizza Hut Pizza
OR
Honey Ham & Cheese Melt
OR
Oven-Fired Flatbread Pizza Kit*V
-----Side Items-----
Green Beans
Seasonal Fresh Fruit

21

Breaded Chicken Mashed Potato Bowl with Breadstick
OR
Cheddar Cheese Oven-Fired Flatbread Melt*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sweet Corn
Seasonal Fresh Fruit

28

Cheese Pizza*V
OR
American Grilled Cheese*V
OR
Oven Roasted Turkey & Cheese Sub
-----Side Items-----
Sliced Carrots
Seasonal Fresh Fruit

1

100% Beef Walking Taco *SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

8

Grilled Chicken Soft Tacos*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

15

100% Ground Beef Nachos*SC
OR
Grilled Chicken Breast Sandwich
OR
Grilled Chicken Baja Salad
-----Side Items-----
Pinto Beans
Seasonal Fresh Fruit

22

Cheese Quesadilla*V*SC
OR
100% Beef Hot Dog
OR
Muffin/String Cheese/Yogurt Pack
-----Side Items-----
Black Beans
Seasonal Fresh Fruit

2

Waffles & Turkey Sausage Links
OR
Mini Chicken Corn Dogs
OR
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----Side Items-----
Hash Brown
Seasonal Fresh Fruit

9

General Tso's Chicken with Brown Rice
OR
100% Beef Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Steamed Broccoli
Seasonal Fresh Fruit

16

Apple Strudel & Turkey Sausage Links
OR
Mini Chicken Corn Dogs
OR
Hummus & Veggie Plate with Oven-Fired Flatbread*V
-----Side Items-----
Hash Brown
Seasonal Fresh Fruit

23

French Toast & Turkey Sausage Links
OR
100% Beef Bacon Cheeseburger
OR
Honey Ham & Cheese Oven-Fired Flatbread Kit
-----Side Items-----
Hash Brown
Seasonal Fresh Fruit

3

100% Beef Meatballs over Penne Pasta
OR
Golden Crispy Chicken Tenders with Roll
OR
Breaded Chicken Snack Wraps
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit

10

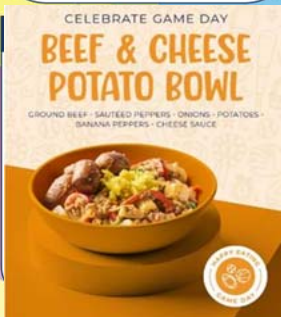
Beef & Cheese Potato Bowl*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
WG Soft Pretzel
Seasonal Fresh Fruit

17

NO SCHOOL
Faculty Inservice

24

Pot Roast with Mashed Potatoes*SC
OR
Golden Crispy Chicken Nuggets with Breadstick
OR
Grilled Chicken Caesar Salad with Roll
-----Side Items-----
Garden Salad
Seasonal Fresh Fruit



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



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.

Offered Daily with Lunch Meal:

100% Juice, Skim White, Skim Chocolate and 1% White Milk

Cold Vegetable Choices Include:

Monday: Baby Carrots/Broccoli Florets
Tuesday: Broccoli Florets/ Red Pepper Strips
Wednesday: Baby Carrots/ Cucumbers
Thursday: Celery Sticks/ Grape Tomatoes
Friday: Baby Carrots/ Cucumbers

Daily Features Include:

Crispy Chicken Breast Sandwich
Fruit & Yogurt Parfaits
SunButter & Jelly Sandwich
Apples, Oranges & Bananas

Lunch Price: \$2.70

This institution is an equal opportunity provider.

***Gluten-Free meals available upon request.**

***SC - Made from scratch *V - Vegetarian**

For more detailed nutritional information, please visit: ptsdk12pa.nutrislice.com/menu

