



# Bower Hill Elementary Lunch

## May 2022

**2**

100% Beef Burger  
OR  
Sun Butter & Jelly Sandwich \*V

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**3**

**Pizza Hut** Cheese Pizza \*V  
OR  
Honey Ham & Cheese Sub

-----Side Items-----  
Sweet Corn, Bell Peppers  
Seasonal Fresh Fruit

**4**

Cheddar Cheese Quesadilla \*V  
OR  
Oven Roasted Turkey Chef Salad  
& Dinner Roll

-----Side Items-----  
Pinto Beans, Baby Carrots  
Seasonal Fresh Fruit

**5**

Cheese Stuffed Breadsticks &  
Marinara \*V  
OR  
Honey Ham, Roasted Turkey &  
Cheddar Sandwich

-----Side Items-----  
Green Peas, Celery Sticks  
Seasonal Fresh Fruit

**6**

Corn Dogs  
OR  
Berry Yogurt Parfait &  
Grahams \*V

-----Side Items-----  
Spinach Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**9**

Golden Crispy Chicken Nuggets  
OR  
Chicken, Feta & Berry Salad &  
Roll

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**10**

Pepperoni Pizza  
OR  
Oven-Fried Flatbread Pizza Kit

-----Side Items-----  
Vegetable Medley, Bell Peppers  
Seasonal Fresh Fruit

**11**

Chicken Ranch Club Flatbread  
OR  
Smoked Turkey & Provolone  
Wrap

-----Side Items-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**12**

Cinnamon Breakfast Roll &  
Turkey Sausage Links  
OR  
Hummus & Veggie Plate with  
Oven-Fired Flatbread \*V

-----Side Items-----  
Hash Brown, Celery Sticks  
Seasonal Fresh Fruit

**13**

American Grilled Cheese \*V  
OR  
Grilled Chicken Caesar Salad &  
Roll

-----Side Items-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**16**

100% Beef Bacon Cheeseburger  
OR  
Sun Butter & Jelly Sandwich \*V

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**17**

**Pizza Hut** Cheese Pizza \*V  
OR  
Honey Ham & Cheese Sub

-----Side Items-----  
Sweet Corn, Bell Peppers  
Seasonal Fresh Fruit

**18**

Sausage, Egg & Cheese  
Bagel Melt  
OR  
Oven Roasted Turkey Chef Salad  
& Dinner Roll

-----Side Items-----  
Hash Brown, Baby Carrots  
Seasonal Fresh Fruit

**19**

General Tso's Chicken with  
Brown Rice  
OR  
Honey Ham, Roasted Turkey &  
Cheddar Sandwich

-----Side Items-----  
Steamed Broccoli, Celery Sticks  
Seasonal Fresh Fruit

**20**

100% Beef Meatball Sub  
OR  
Berry Yogurt Parfait &  
Grahams \*V

-----Side Items-----  
Spinach Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**23**

100% Beef Hot Dog  
OR  
Chicken, Feta & Berry Salad &  
Roll

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**24**

Breaded Chicken Breast Boneless  
Wings  
OR  
Oven-Fried Flatbread Pizza Kit

-----Side Items-----  
Vegetable Medley, Bell Peppers  
Seasonal Fresh Fruit

**25**

Grilled Chicken Soft Tacos \*SC  
OR  
Smoked Turkey & Provolone  
Wrap

-----Side Items-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**26**

Apple Strudel & Turkey  
Sausage Links  
OR  
Hummus & Veggie Plate with  
Oven-Fired Flatbread \*V

-----Side Items-----  
Hash Brown, Celery Sticks  
Seasonal Fresh Fruit

**27**

BBQ Pork Rib Sandwich  
OR  
Grilled Chicken Caesar Salad &  
Roll

-----Side Items-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**30**

Memorial Day

NO SCHOOL

**31**

Honey Ham & Cheese Sub  
OR  
Oven-Fired Flatbread Pizza Kit

-----Side Items-----  
Baby Carrots, Baked Chips  
Seasonal Fresh Fruit

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

**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.**

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