



Bower Hill Elementary Lunch

May 2023

1 Italian Cheesy Pull-Apart*V OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Smiley Fries Seasonal Fresh Fruit	2 Breaded Chicken Mashed Potato Bowl/Breadstick OR Cheddar Cheese Oven-Roasted Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sweet Corn Seasonal Fresh Fruit	3 Breaded Chicken & Waffle Nachos OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	4 French Toast Sticks*V & Turkey Sausage Links OR 100% Beef Bacon Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items----- Hash Brown Seasonal Fresh Fruit	5 <u>School Lunch Hero Day</u> Cheese Quesadilla*V OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
8 BBQ Pork McRib Sandwich OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Baked Beans Seasonal Fresh Fruit	9 Cheese Pizza*V OR American Grilled Cheese*V OR Oven Roasted Turkey & Cheese Sub -----Side Items----- Sliced Carrots Seasonal Fresh Fruit	10 100% Beef Nachos Grande*SC OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Sweet Corn Seasonal Fresh Fruit	11 Cinnamon Breakfast Roll*V & Turkey Sausage Links OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit -----Side Items----- Hash Brown Seasonal Fresh Fruit	12 Egg, Sausage, Cheese Bagel Melt OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
15 Pineapple Chicken Bowl*SC OR Crispy Chicken Breast Sandwich OR Italian Style Sub -----Side Items----- Sweet Corn Seasonal Fresh Fruit	16 Pizza Hut Pizza OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Green Peas & Carrots Seasonal Fresh Fruit	17 100% Beef Walking Taco*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit	18 Waffles*V & Turkey Sausage Links OR Mini Chicken Corn Dogs OR Hummus & Veggie Plate with Oven-Fired Flatbread*V -----Side Items----- Hash Brown Seasonal Fresh Fruit	19 100% Beef Meatballs over Penne Pasta*SC OR Golden Crispy Chicken Tenders with Roll OR Breaded Chicken & Cheese Snack Wraps -----Side Items----- Garden Salad Seasonal Fresh Fruit
22 Chicken Parmesan Flatbread OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad -----Side Items----- Smiley Fries Seasonal Fresh Fruit	23 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	24 Grilled Chicken Soft Tacos OR 100% Beef Hot Dog OR Muffin/String Cheese/Yogurt Pack -----Side Items----- Black Beans Seasonal Fresh Fruit	25 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	26 Homemade Pepperoni Roll*SC OR Golden Crispy Chicken Nuggets with Roll OR Make-Your-Own Pizza Bagel Kit*V -----Side Items----- Garden Salad Seasonal Fresh Fruit
29 NO SCHOOL Memorial Day	30 Pizza Hut Pizza OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V -----Side Items----- Green Beans Seasonal Fresh Fruit	31 100% Ground Beef Nachos*SC OR Grilled Chicken Breast Sandwich OR Grilled Chicken Baja Salad -----Side Items----- Pinto Beans Seasonal Fresh Fruit		

Please note new Sesame Flour Allergen Alert
 Two Companies have recently changed their recipes to include Sesame flour. This impacts our hamburger buns, hot dog buns, hoagie buns and flatbread. As well as the pizza dough at Middle School and High School.

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*SC*V
 SunButter & Jelly Sandwich*V
 Apples, Oranges & Bananas

Lunch Price: \$2.70