



Bower Hill Elementary Lunch

November 2021

1

Parent Conferences

NO SCHOOL

2

Pepperoni Pizza
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli
Seasonal Fresh Fruit

3

Ground Beef Walking Taco *SC
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

4

French Toast Sticks & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Tater Tots, Grape Tomatoes
Seasonal Fresh Fruit

5

Macaroni & Cheese *V *SC
OR
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

8

100% Beef Burger
OR
Sun Butter & Jelly Wrap *V

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

9

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

-----Side Items-----
Sweet Corn, Fresh Broccoli
Seasonal Fresh Fruit

10

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

-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

11

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

-----Side Items-----
Green Peas, Grape Tomatoes
Seasonal Fresh Fruit

12

Grilled Chicken Parmesan over Spaghetti *SC
OR
Berry Yogurt Parfait & Grahams *V

-----Side Items-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

15

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

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

16

Pepperoni Pizza
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli
Seasonal Fresh Fruit

17

Potato Wedge Chicken Nachos
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Black Beans, Cucumber Slices
Seasonal Fresh Fruit

18



Oven Roasted Turkey & Mashed Potatoes with Roll
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Sweet Corn, Grape Tomatoes
Seasonal Fresh Fruit

19

Grilled Cheese *V
OR
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

22

100% Beef Burger
OR
Sun Butter & Jelly Wrap *V

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

23

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

-----Side Items-----
Sweet Corn, Fresh Broccoli
Seasonal Fresh Fruit

24

Inservice

NO SCHOOL

25

Thanksgiving Break

NO SCHOOL

26

Thanksgiving Break

NO SCHOOL

29

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

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

30

Pepperoni Pizza
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli
Seasonal Fresh Fruit

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.

Students will be charged a la carte if a reimbursable meal is not complete.

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.

*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