Cool	Caf. FunFriends	Bowe	r Hill Elemei	ntary Lunch November 2022
SHARE SHARE BOODE CONTROLLING	1 Pizza Hut Cheese Pizza*V OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V Side Items Green Beans Seasonal Fresh Fruit 8 Breaded Chicken Mashed Potato Bowl with Breadstick	2 Cookie Monster's Birthday 100% Ground Beef Nachos OR Grilled Chicken Baja Salad Grilled Chicken Baja Salad Side Items- Pinto Beans Seasonal Fresh Fruit	 Apple Strudel & Turkey Sausage Links OR Mini Chicken Corn Dogs OR Hummus & Veggie Plate with Oven-Fired Flatbread*V Side ItemsSide Items	 Macaroni & Cheese with Breaded Fish Sticks*SC OR Golden Crispy Chicken Tenders with Roll OR Breaded Chicken and Cheese Snack Wrap Spinach Salad with Oranges Seasonal Fresh Fruit Cheesy Quesadilla*V*SC
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	OR Cheddar Cheese Oven-Fired Flatbread Melt*V OR Oven Roasted Turkey & Cheese Sub Side Items Sweet Corn Seasonal Fresh Fruit	100% Beef Sloppy Joe*SC OR 100% Beef Hot Dog OR Grilled Chicken Taco Salad Side Items Black Beans Seasonal Fresh Fruit	OR 100% Beef Bacon Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit Side Items Hash Brown Seasonal Fresh Fruit	OR Golden Crispy Chicken Nuggets with Breadstick OR Grilled Chicken Caesar Salad with Roll Side Items Garden Salad Seasonal Fresh Fruit
14 BBQ Pork McRib Sandwich OR Breaded Chicken Boneless Wings OR Grilled Chicken, Feta Cheese, and Berry Salad 	15 Cheese Pizza*V OR American Grilled Cheese*V OR Oven Roasted Turkey & Cheese Sub Side Items Sliced Carrots Seasonal Fresh Fruit	16 Grilled Chicken & Gravy over a Biscuit OR 100% Beef Hot Dog OR Grilled Chicken Taco Salad 	17 Cinnamon Breakfast Roll & Turkey Sausage Links OR 100% Beef Cheeseburger OR Honey Ham & Cheese Oven-Fired Flatbread Kit 	18 Breaded Chicken Parmesan over Spaghetti*SC OR Golden Crispy Chicken Nuggets with Breadstick OR Grilled Chicken Caesar Salad with Roll Side Items Spinach Salad with Oranges Seasonal Fresh Fruit
21 Breaded Chicken Mashed Potato Bowl with Breadstick OR Crispy Chicken Breast Sandwich OR Italian Style Sub Side Items Sweet Corn Seasonal Fresh Fruit	22 Pizza Hut Cheese Pizza*V OR Honey Ham & Cheese Melt OR Oven-Fired Flatbread Pizza Kit*V 	23 NO SCHOOL Inservice	24 NO SCHOOL Thanksgiving Break HAPPY THANKSGIVING	25 NO SCHOOL Thanksgiving Break
28 NO SCHOOL Thanksgiving Break	29 Cheese Stuffed Breadsticks & Marinara Sauce*V OR Cheddar Cheese Oven- Fired Flatbread*V OR Oven Roasted Turkey & Cheese Sub Side Items Sliced Carrots Seasonal Fresh Fruit	30 Grilled Chicken Soft Tacos*SC OR 100% Beef Hot Dog OR Grilled Chicken Taco Salad Black Beans Seasonal Fresh Fruit	We are looking for Cafeteria Workers! Please contact Food Service @ 724-941-6251 x 7226	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, 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 breading. All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors. Offered Daily with Lunch Meal: All chicken products offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors. Offered Daily with Lunch Meal:				

Offered Daily with Lunch Meal: 100% Juice, Skim White, Skim Chocolate and 1% White Milk

This institution is an equal opportunity provider.

ilk *Gluten-Free meals available upon request.

Lunch Price: \$2.70

