



Bower Hill Lunch Menu

May 2021

<p>3</p> <p>Breakfast Donut Pack</p> <p>Broccoli Florets Baby Carrots Apple Slices</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>4</p> <p>Cheese Pizza</p> <p>Smiley Fries Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>5</p> <p>Walking Taco</p> <p>Corn Sliced Cucumber Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>6</p> <p>French Toast & Yogurt</p> <p>Celery Sticks Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>7</p> <p>Popcorn Chicken w/ Roll</p> <p>Steamed Broccoli Baby Carrots Strawberries</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>10</p> <p>Turkey Hoagie</p> <p>Broccoli Florets Baby Carrots Apple Slices</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>11</p> <p>Breakfast Sausage Pizza</p> <p>Smiley Fries Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>12</p> <p>Chicken Nuggets/ Roll</p> <p>Green Peas Sliced Cucumber Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>13</p> <p>Chocolate Chip Pancakes & Yogurt</p> <p>Celery Sticks Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>14</p> <p>Flatbread Pizza Kit</p> <p>Baby Carrots Sliced Cucumber Applesauce</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>17</p> <p>Ham Hoagie</p> <p>Broccoli Florets Baby Carrots Apple Slices</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>18</p> <p>Pizza Hut Pizza</p> <p>Green Beans Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>19</p> <p>Chicken Patty Sandwich</p> <p>Baked Beans Sliced Cucumbers Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>20</p> <p>Waffles & Yogurt</p> <p>Hash Brown Celery Sticks Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>21</p> <p>Cheeseburger</p> <p>Steamed Carrots Sliced Cucumbers Strawberries</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>24</p> <p>Turkey Wrap</p> <p>Broccoli Florets Baby Carrots Apple Slices</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>25</p> <p>Italian Cheesy Pull-Apart</p> <p>Smiley Fries Red Pepper Strips Diced Pears</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>26</p> <p>Hot Dog</p> <p>Corn Sliced Cucumbers Fruit Cocktail</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>27</p> <p>Pancakes & Yogurt</p> <p>Celery Sticks Grape Tomatoes Diced Peaches</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>	<p>28</p> <p>Grilled Cheese</p> <p>Baby Carrots Sliced Cucumbers Applesauce</p> <hr/> <p>100% Fruit Juice Fat Free Milk</p>
<p>31</p> <p>No School</p>			<p>If your child chooses to participate in the lunch program, they simply tell their teacher in the morning during attendance.</p>	<p>Just a reminder: Nutrislice Online Ordering is only for the Middle School & High School.</p>

Yummy Recipe of the Month: 3 – Can Chili

1 Can of beans, low sodium undrained (pinto, kidney, red or black beans)
 1 Can of corn, drained Chili Power to taste
 1 Can of crush tomatoes, undrained
 Place contents of all three cans in a pan. Add chili powder to taste and mix.
 Stir over medium heat until heated thoroughly. This would go great over brown rice, quinoa or served with tortilla chips! Enjoy!

This year, there is such a thing as

FREE LUNCH

FOR ALL STUDENTS #eatwellk12

This institution is an equal opportunity provider.

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

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Offering a limited menu while we deliver lunch to the classroom.