



Bower Hill Lunch Menu

October 2020

**Just a reminder:
Nutrislice Online
Ordering is only
for the Middle
School & High
School.**

**If your child
chooses to
participate in the
lunch program,
they simply tell
their teacher in the
morning during
attendance.**

1
Waffles & Yogurt
Celery Sticks
Hash Brown
Apple Slices
100% Fruit Juice
Fat Free Milk

2
Flatbread Pizza Kit
Baby Carrots
Sliced Cucumbers
Diced Peaches
100% Fruit Juice
Fat Free Milk

5
Breakfast Muffin Pack
Baby Carrots
Broccoli Florets
Fruit Cocktail
100% Fruit Juice
Fat Free Milk

6
Cheese Pizza
Smiley Fries
Red Pepper Strips
Diced Pears
100% Fruit Juice
Fat Free Milk

7
Mini Corn Dogs
Sliced Cucumber
Baked Beans
Strawberries
100% Fruit Juice
Fat Free Milk

8
French Toast & Yogurt
Celery Sticks
Grape Tomatoes
Applesauce
100% Fruit Juice
Fat Free Milk

9
Popcorn Chicken/Roll
Baby Carrots
Steamed Broccoli
Diced Peaches
100% Fruit Juice
Fat Free Milk

12
Turkey Hoagie
Baby Carrots
Broccoli Florets
Fruit Cocktail
100% Fruit Juice
Fat Free Milk

13
Cheese Pizza
Smiley Fries
Red Pepper Strips
Diced Pears
100% Fruit Juice
Fat Free Milk

14
Chicken Nuggets/Roll
Sliced Cucumber
Green Peas
Strawberries
100% Fruit Juice
Fat Free Milk

15
Pancakes & Yogurt
Celery Sticks
Grape Tomatoes
Applesauce
100% Fruit Juice
Fat Free Milk

16
Flatbread Pizza Kit
Baby Carrots
Sliced Cucumber
Diced Peaches
100% Fruit Juice
Fat Free Milk

19
Ham Hoagie
Baby Carrots
Broccoli Florets
Mandarin Oranges
100% Fruit Juice
Fat Free Milk

20
Pizza Hut Pizza
Green Beans
Red Pepper Strips
Diced Pears
100% Fruit Juice
Fat Free Milk

21
Chicken Patty Sandwich
Sliced Cucumber
Baked Beans
Strawberries
100% Fruit Juice
Fat Free Milk

22
No School

23
No School

26
Santé Fe Turkey Wrap
Baby Carrots
Broccoli Florets
Fruit Cocktail
100% Fruit Juice
Fat Free Milk

27
Cheese Pizza
Smiley Fries
Red Pepper Strips
Diced Pears
100% Fruit Juice
Fat Free Milk

28
Hot Dog
Sliced Cucumber
Seasoned Corn
Strawberries
100% Fruit Juice
Fat Free Milk

29
Pancakes & Yogurt
Celery Sticks
Grape Tomatoes
Applesauce
100% Fruit Juice
Fat Free Milk

30
Grilled Cheese
Baby Carrots
Sliced Cucumbers
Diced Peaches
100% Fruit Juice
Fat Free Milk

Yummy Recipe of the Month: Cheese Kabobs!

- 1 Fresh Apple
- 3-5 Low Fat Cheese Cubes
- Whole Grain Pretzel Sticks

Using your pretzels as a skewer, make a kabob! Cut the apple into bite sized squares and make small holes in the middle of each slice. In the same way, make small holes in each cheese cube. Put a cheese and apple slice on each pretzel stick and 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

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