



# Bower Hill Elementary Lunch

## April 2023

**3**  
Cheese Pizza\*V  
OR  
Breaded Chicken Boneless Wings  
OR  
Grilled Chicken, Feta Cheese, and  
Berry Salad  
-----Side Items-----  
Sliced Carrots  
Seasonal Fresh Fruit

**4**  
Sliced Honey Ham\*SC  
with Dinner Roll  
OR  
American Grilled Cheese\*V  
OR  
Oven Roasted Turkey &  
Cheese Sub  
-----Side Items-----  
Scalloped Potatoes  
Seasonal Fresh Fruit

**5**  
Grilled Chicken Fajitas with  
Roasted Veggies\*SC  
OR  
100% Beef Hot Dog  
OR  
Muffin/String Cheese/Yogurt Pack  
-----Side Items-----  
Green Peas  
Seasonal Fresh Fruit

**6**  
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

**7**  
**NO SCHOOL**  
**Spring Break**

**10**  
**NO SCHOOL**  
**Spring Break**

**11**  
**NO SCHOOL**  
**Spring Break**

**12**  
**NO SCHOOL**  
**Spring Break**

**13**  
**NO SCHOOL**  
**Spring Break**

**14**  
**NO SCHOOL**  
**Spring Break**

**17**  
Chicken Parmesan Flatbread  
OR  
Breaded Chicken Boneless Wings  
OR  
Grilled Chicken, Feta Cheese, and  
Berry Salad  
-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**18**  
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

**19**  
Grilled Chicken Soft Tacos  
OR  
100% Beef Hot Dog  
OR  
Muffin/String Cheese/Yogurt Pack  
-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**20**  
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

**21**  
Asian Chicken Salad \*SC  
OR  
Golden Crispy Chicken Nuggets  
with Roll  
OR  
Make-Your-Own Pizza  
Bagel Kit\*V  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit

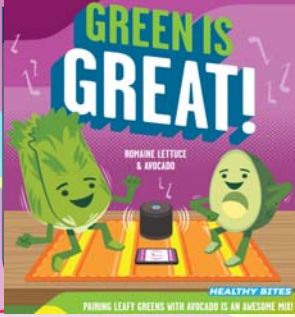
**24**  
Grilled Chicken Ranch Club on  
Oven-Fired Flatbread  
OR  
Crispy Chicken Breast Sandwich  
OR  
Italian Style Sub  
-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**25**  
**Pizza Hut Pizza**  
OR  
Honey Ham & Cheese Melt  
OR  
Oven-Fired Flatbread Pizza Kit\*V  
-----Side Items-----  
Green Beans  
Seasonal Fresh Fruit

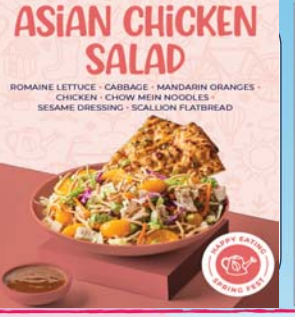
**26**  
100% Ground Beef Nachos\*SC  
OR  
Grilled Chicken Breast Sandwich  
OR  
Grilled Chicken Baja Salad  
-----Side Items-----  
Pinto Beans  
Seasonal Fresh Fruit

**27**  
Apple Strudel\*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

**28**  
Macaroni & Cheese\*V\*SC  
With Breaded Fish Sticks  
OR  
Golden Crispy Chicken Tenders  
with Roll  
OR  
Breaded Chicken & Cheese  
Snack Wraps  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit



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



**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  
SunButter & Jelly Sandwich  
Apples, Oranges & Bananas

**Lunch Price: \$2.70**