



Bower Hill Elementary Lunch

January 2022

3
100% Beef Hot Dog
OR
Chicken, Feta & Berry Salad & Roll

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

4
Strawberry Filled Mini Bagels *V
OR
Egg, Fruit & Cheese Pack with Crackers *V

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

5
Grilled Chicken Soft Tacos *SC
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Black Beans, Baby Carrots
Seasonal Fresh Fruit

6
Apple Strudel & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Hash Brown, Celery Sticks
Seasonal Fresh Fruit

7
Breaded Chicken Breast
Boneless Wings
OR
Grilled Chicken Caesar Salad & Roll

-----Side Items-----
Garden Salad, Grape Tomatoes
Seasonal Fresh Fruit

10
Crispy Chicken Breast Sandwich
OR
Chicken, Feta & Berry Salad & Roll

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

11
Cheese Stuffed Breadsticks & Marinara *V
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Green Beans, Bell Peppers
Seasonal Fresh Fruit

12
Mini Corn Dogs
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Pinto Beans, Baby Carrots
Seasonal Fresh Fruit

13
Waffles & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Hash Brown, Celery Sticks
Seasonal Fresh Fruit

14
Clerical Day

NO SCHOOL

17
Martin Luther King Jr. Day

NO SCHOOL

18
Pizza Hut Cheese Pizza *V
OR
Spicy Honey Ham & Cheese Sub

-----Side Items-----
Sweet Corn, Bell Pepper
Seasonal Fresh Fruit

19
Cheddar Cheese Quesadilla *V
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Pinto Beans, Baby Carrots
Seasonal Fresh Fruit

20
Cheese Stuffed Breadsticks & Marinara *V
OR
Honey Ham, Roasted Turkey & Cheddar Sandwich

-----Side Items-----
Green Peas, Celery Sticks
Seasonal Fresh Fruit

21
Grilled Chicken Parmesan over Spaghetti *SC
OR
Berry Yogurt Parfait & Grahams *V

-----Side Items-----
Spinach Salad, Grape Tomatoes
Seasonal Fresh Fruit

24
Golden Crispy Chicken Nuggets
OR
Chicken, Feta & Berry Salad & Roll

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

25
Cheese Pizza *V
OR
Egg, Fruit & Cheese Pack with Crackers *V

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

26
Chocolate Filled Crescent *V
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Black Beans, Baby Carrots
Seasonal Fresh Fruit

27
Cinnamon Breakfast Roll & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Hash Brown, Celery Sticks
Seasonal Fresh Fruit

28
American Grilled Cheese *V
OR
Grilled Chicken Caesar Salad & Roll

-----Side Items-----
Garden Salad, Grape Tomatoes
Seasonal Fresh Fruit

31
100% Beef Burger
OR
Sun Butter & Jelly Wrap *V

-----Side Items-----
Smiley Fries, Baby Carrots
Seasonal Fresh Fruit

31

31

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

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.

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