



# Bower Hill Elementary Lunch

## March 2023

**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.



**6**  
Breaded Chicken Mashed Potato Bowl with Breadstick  
OR  
Crispy Chicken Breast Sandwich  
OR  
Italian Style Sub  
-----Side Items-----  
Sweet Corn  
Seasonal Fresh Fruit

**7**  
**Pizza Hut Pizza**  
OR  
Honey Ham & Cheese Melt  
OR  
Oven-Fired Flatbread Pizza Kit\*V  
-----Side Items-----  
Green Peas & Carrots  
Seasonal Fresh Fruit

**1**  
Golden Crispy Chicken Nuggets with Roll  
OR  
100% Beef Hot Dog  
OR  
Muffin/String Cheese/Yogurt Pack  
-----Side Items-----  
Green Peas  
Seasonal Fresh Fruit

**2**  
Cinnamon Breakfast Roll & Turkey Sausage Links  
OR  
100% Beef Cheeseburger  
OR  
Honey Ham & Cheese Oven-Fired Flatbread Kit  
-----Side Items-----  
Hash Brown  
Seasonal Fresh Fruit

**3**  
Breaded Chicken  
Parmesan over Spaghetti  
OR  
Cheese Stuffed Breadsticks with Marinara Sauce\*V  
OR  
Tuna Sub  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit

**13**  
Chicken Parmesan Flatbread  
OR  
Breaded Chicken Boneless Wings  
OR  
Grilled Chicken, Feta Cheese, and Berry Salad  
-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**14**  
100% Beef Meatloaf\*SC  
OR  
Golden Crispy Chicken Nuggets with Breadstick  
OR  
Oven Roasted Turkey & Cheese Sub  
-----Side Items-----  
Mashed Potatoes  
Seasonal Fresh Fruit

**15**  
Grilled Chicken Soft Tacos\*SC  
OR  
100% Beef Hot Dog  
OR  
Muffin/String Cheese/Yogurt Pack  
-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**16**  
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

**17**  
Honey Sriracha Turkey Burger Waffle Sandwich  
OR  
Cheddar Cheese Oven-Fired Flatbread Melt\*V  
OR  
Tuna Sub  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit

**20**  
Grilled Chicken Ranch Club on Oven-Fired Flatbread  
OR  
Crispy Chicken Breast Sandwich  
OR  
Italian Style Sub  
-----Side Items-----  
Smiley Fries  
Seasonal Fresh Fruit

**21**  
**Pizza Hut Pizza**  
OR  
Honey Ham & Cheese Melt  
OR  
Oven-Fired Flatbread Pizza Kit\*V  
-----Side Items-----  
Green Beans  
Seasonal Fresh Fruit

**22**  
100% Ground Beef Nachos\*SC  
OR  
Grilled Chicken Breast Sandwich  
OR  
Grilled Chicken Baja Salad  
-----Side Items-----  
Pinto Beans  
Seasonal Fresh Fruit

**23**  
Apple Strudel & Turkey Sausage Links  
OR  
Mini Chicken Corn Dogs  
OR  
Grilled Chicken Caesar Salad with Roll  
-----Side Items-----  
Hash Brown  
Seasonal Fresh Fruit

**24**  
Macaroni & Cheese with Breaded Fish Sticks  
OR  
Golden Crispy Chicken Tenders with Roll  
OR  
Hummus & Veggie Plate with Oven-Fired Flatbread\*V  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit

**27**  
**NO SCHOOL**  
**Faculty Inservice**

**28**  
Breaded Chicken Mashed Potato Bowl with Breadstick  
OR  
Cheddar Cheese Oven-Fired Flatbread Melt\*V  
OR  
Oven Roasted Turkey & Cheese Sub  
-----Side Items-----  
Sweet Corn  
Seasonal Fresh Fruit

**29**  
Cheese Quesadilla\*V\*SC  
OR  
100% Beef Hot Dog  
OR  
Muffin/String Cheese/Yogurt Pack  
-----Side Items-----  
Black Beans  
Seasonal Fresh Fruit

**30**  
Waffles & Turkey Sausage Links  
OR  
100% Beef Bacon Cheeseburger  
OR  
Honey Ham & Cheese Oven-Fired Flatbread Kit  
-----Side Items-----  
Hash Brown  
Seasonal Fresh Fruit

**31**  
Italian Cheesy Pull-Apart  
OR  
Golden Crispy Chicken Nuggets with Breadstick  
OR  
Tuna Sub  
-----Side Items-----  
Garden Salad  
Seasonal Fresh Fruit

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**