



Bower Hill Elementary Lunch

October 2021

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

4
100% Beef Burger
OR
Veggie Hummus Wrap *V

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

5
Pizza Hut Cheese Pizza *V
OR
Honey Ham & Swiss Sub

-----Side Items-----
Sweet Corn, Fresh Broccoli
Seasonal Fresh Fruit

6
Cheddar Cheese Quesadilla *V
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

7
Grilled Chicken Parmesan over Spaghetti *SC
OR
Honey Ham, Roasted Turkey & Cheddar Sandwich

-----Side Items-----
Green Peas, Grape Tomatoes
Seasonal Fresh Fruit

1
Pepperoni Pizza
OR
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

8
Cheese Stuffed Breadsticks & Marinara *V
OR
Berry Yogurt Parfait & Grahams *V

-----Side Items-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

11
Grilled Cheese *V
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Steamed Asparagus, Bell Peppers
Seasonal Fresh Fruit

12
Golden Crispy Chicken Tenders
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli
Seasonal Fresh Fruit

13
Bean & Cheese Mexican Spiced Rice Bowl *V
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Black Beans, Cucumber Slices
Seasonal Fresh Fruit

14
Fluffy Waffles & Cheddar Scrambled Eggs *V *SC
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Tater Tots, Grape Tomatoes
Seasonal Fresh Fruit

15
Pepperoni Pizza
OR
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----
Garden Salad, Baby Carrots
Seasonal Fresh Fruit

18
100% Beef Burger
OR
Veggie Hummus Wrap *V

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

19
Pizza Hut Cheese Pizza *V
OR
Honey Ham & Swiss Sub

-----Side Items-----
Sweet Corn, Fresh Broccoli
Seasonal Fresh Fruit

20
Beef & Kickin' Bean Nachos *SC
OR
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----
Pinto Beans, Cucumber Slices
Seasonal Fresh Fruit

21
Beef Meatballs over Penne Pasta *SC
OR
Honey Ham, Roasted Turkey & Cheddar Sandwich

-----Side Items-----
Green Beans, Grape Tomatoes
Seasonal Fresh Fruit

22
Teriyaki Chicken & Veggies over Brown Rice
OR
Berry Yogurt Parfait & Grahams *V

-----Side Items-----
Spinach Salad, Baby Carrots
Seasonal Fresh Fruit

25
100% Beef Hot Dog
OR
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----
Crinkle Cut Fries, Bell Peppers
Seasonal Fresh Fruit

26
Breaded Chicken Boneless Wings
OR
Egg, Fruit & Cheese Pack with Crackers *V

-----Side Items-----
Smiley Fries, Fresh Broccoli
Seasonal Fresh Fruit

27
Ground Beef Soft Tacos *SC
OR
Smoked Turkey & Provolone Wrap

-----Side Items-----
Black Beans, Cucumber Slices
Seasonal Fresh Fruit

28
Pancakes & Turkey Sausage Links
OR
Hummus & Veggie Plate with Oven-Fired Flatbread *V

-----Side Items-----
Tater Tots, Grape Tomatoes
Seasonal Fresh Fruit

29
Inservice/Clerical

NO 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.

*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