



Bower Hill Elementary Lunch

October 2022

3
 Italian Cheesy Pull-Apart*V
 OR
 Breaded Chicken Boneless Wings
 OR
 Grilled Chicken, Feta Cheese,
 and Berry Salad
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

4
 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

5
 Southwest Breaded Chicken
 Salad Bowl with Sante Fe Rice*SC
 OR
 100% Beef Hot Dog
 OR
 Grilled Chicken Taco Salad
 -----Side Items-----
 Black Beans
 Seasonal Fresh Fruit

6
 French Toast Sticks &
 Turkey Sausage Links
 OR
 100% Beef Bacon
 Cheeseburger
 OR
 Honey Ham & Cheese
 Oven-Fired Flatbread Kit
 -----Side Items-----
 Hash Brown
 Seasonal Fresh Fruit

7
 Crispy Chicken Lo Mein
 Bowl*SC
 OR
 Golden Crispy Chicken
 Nuggets with Breadstick
 OR
 Grilled Chicken Caesar
 Salad with Roll
 -----Side Items-----
 Garden Salad
 Seasonal Fresh Fruit

10
 BBQ Pork McRib Sandwich
 OR
 Breaded Chicken Boneless Wings
 OR
 Grilled Chicken, Feta Cheese,
 and Berry Salad
 -----Side Items-----
 Baked Beans
 Seasonal Fresh Fruit

11
 Cheese Pizza *V
 OR
 American Grilled Cheese*V
 OR
 Oven Roasted Turkey &
 Cheese Sub
 -----Side Items-----
 Sliced Carrots
 Seasonal Fresh Fruit

12
 100% Beef Taco Totcho Bowl*SC
 OR
 100% Beef Hot Dog
 OR
 Grilled Chicken Taco Salad
 -----Side Items-----
 Green Peas
 Seasonal Fresh Fruit

13
 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

14
 Breaded Chicken Parmesan
 over Spaghetti*SC
 OR
 Golden Crispy Chicken
 Nuggets with Breadstick
 OR
 Grilled Chicken Caesar
 Salad with Roll
 -----Side Items-----
 Spinach Salad with Oranges
 Seasonal Fresh Fruit

17
 Breaded Chicken Mashed Potato
 Bowl with Breadstick
 OR
 Crispy Chicken Breast Sandwich
 OR
 Italian Style Sub
 -----Side Items-----
 Sweet Corn
 Seasonal Fresh Fruit

18
Pizza Hut Cheese Pizza*V
 OR
 Honey Ham & Cheese Melt
 OR
 Oven-Fired Flatbread Pizza Kit*V
 -----Side Items-----
 Green Peas & Carrots
 Seasonal Fresh Fruit

19
 100% Ground Beef Walking
 Taco*SC
 OR
 Grilled Chicken Breast Sandwich
 OR
 Grilled Chicken Baja Salad
 -----Side Items-----
 Pinto Beans
 Seasonal Fresh Fruit

20
 Waffles & Turkey Sausage Links
 OR
 Mini Chicken Corn Dogs
 OR
 Hummus & Veggie Plate with
 Oven-Fired Flatbread
 -----Side Items-----
 Hash Brown
 Seasonal Fresh Fruit

21
 100% Beef Meatballs over
 Penne Pasta*SC
 OR
 Golden Crispy Chicken Tenders
 with Roll
 OR
 Breaded Chicken and Cheese
 Snack Wraps
 -----Side Items-----
 Garden Salad
 Seasonal Fresh Fruit

24
 Chicken Parmesan Oven-
 Fired Flatbread
 OR
 Breaded Chicken
 Boneless Wings
 OR
 Grilled Chicken, Feta
 Cheese, and Berry Salad
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

25
 Cheese Stuffed Breadsticks
 & Marinara Sauce*V
 OR
 Cheddar Cheese Oven-
 Fired Flatbread
 OR
 Oven Roasted Turkey &
 Cheese Sub
 -----Side Items-----
 Sliced Carrots
 Seasonal Fresh Fruit

26
 Grilled Chicken Soft Tacos*SC
 OR
 100% Beef Hot Dog
 OR
 Grilled Chicken Taco Salad
 -----Side Items-----
 Black Beans
 Seasonal Fresh Fruit

27
NO SCHOOL
 Parent Conferences

28
NO SCHOOL
 Inservice/Clerical

31 Happy Halloween
 Grilled Chicken Ranch Club on
 Oven-Fried Flatbread
 OR
 Crispy Chicken Breast Sandwich
 OR
 Italian Style Sub
 -----Side Items-----
 Smiley Fries
 Seasonal Fresh Fruit

Look for whole apples or fresh bagged apple slices in the lines!

NATIONAL SCHOOL LUNCH WEEK
BEEF TACO TOTCHO BOWL
CRISPY TOTS - SEASONED BEEF - MELTY CHEDDAR CHEESE SAUCE - LETTUCE - PICO DE GALLO - PICKLED JALAPENOS

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

Per the USDA, a reimbursable 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.
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