



# Bower Hill Elementary Lunch

## September 2022

**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.

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



**5**  
**NO SCHOOL**  
**Labor Day**

**6**  
 Cheese Pizza\*V  
 OR  
 American Grilled Cheese\*V  
 OR  
 Oven Roasted Turkey & Cheese Sub  
 -----Side Items-----  
 Sliced Carrots  
 Seasonal Fresh Fruit

**7**  
 Pepper Steak Stir Fry\*SC  
 OR  
 100% Beef Hot Dog  
 OR  
 Grilled Chicken Taco Salad  
 -----Side Items-----  
 Green Peas  
 Seasonal Fresh Fruit

**1** 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

**2** 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

**12**  
 Breaded Chicken Mashed Potato Bowl with Breadstick  
 OR  
 Crispy Chicken Breast Sandwich  
 OR  
 Italian Style Sub  
 -----Side Items-----  
 Sweet Corn  
 Seasonal Fresh Fruit

**13** **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

**14**  
 100% Ground Beef Walking Taco\*SC  
 OR  
 Grilled Chicken Breast Sandwich  
 OR  
 Grilled Chicken Baja Salad  
 -----Side Items-----  
 Pinto Beans  
 Seasonal Fresh Fruit

**15**  
 Waffles & Turkey Sausage Links  
 OR  
 Mini Chicken Corn Dogs  
 OR  
 Hummus & Veggie Plate with Oven-Fired Flatbread  
 -----Side Items-----  
 Hash Brown  
 Seasonal Fresh Fruit

**16** 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

**19** 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

**20** 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

**21** **Ace's Birthday!**  
 Grilled Chicken  
 Soft Tacos\*SC  
 OR  
 100% Beef Hot Dog  
 OR  
 Grilled Chicken Taco Salad  
 -----Side Items-----  
 Black Beans  
 Seasonal Fresh Fruit

**22**  
 Egg, Sausage, Cheese Bagel Melt  
 OR  
 100% Beef Cheeseburger  
 OR  
 Honey Ham & Cheese Oven-Fired Flatbread Kit  
 -----Side Items-----  
 Hash Brown  
 Seasonal Fresh Fruit

**23** General Tso's Chicken with Brown Rice  
 OR  
 Golden Crispy Chicken Nuggets with Breadstick  
 OR  
 Grilled Chicken Caesar Salad with Roll  
 -----Side Items-----  
 Steamed Broccoli  
 Seasonal Fresh Fruit

**26**  
 Grilled Chicken Ranch Club Oven-Fired Flatbread  
 OR  
 Crispy Chicken Breast Sandwich  
 OR  
 Italian Style Sub  
 -----Side Items-----  
 Smiley Fries  
 Seasonal Fresh Fruit

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

**28**  
 100% Ground Beef Nachos\*SC  
 OR  
 Grilled Chicken Breast Sandwich  
 OR  
 Grilled Chicken Baja Salad  
 -----Side Items-----  
 Pinto Beans  
 Seasonal Fresh Fruit

**29**  
 Apple Strudel & Turkey Sausage Links  
 OR  
 Mini Chicken Corn Dogs  
 OR  
 Hummus & Veggie Plate with Oven-Fired Flatbread\*V  
 -----Side Items-----  
 Hash Brown  
 Seasonal Fresh Fruit

**30** Macaroni & Cheese with Breaded Fish Sticks\*SC  
 OR  
 Golden Crispy Chicken Tenders with Roll  
 OR  
 Breaded Chicken and Cheese Snack Wraps  
 -----Side Items-----  
 Spinach Salad with Oranges  
 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 breadings.  
 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**