

2
 Pasta Primavera ^V
 Chicken Patty Sandwich
 Tuna Sandwich
 Kale ^{LG}, Carrots
 Mixed Fruit, Apples,
 Juice

3
 Chicken Parm Melt
 Cheeseburger
 Hummus & Veggie Platter ^V
 Tuna Salad Sandwich
 Broccoli Rabe ^{LG} Butternut
 Squash ^{LG}
 Apples, Oranges

4
 Baked Potato
 Chicken Fajita
 Ham Chef Salad
 Tuna Salad Sandwich
 Peas ^{LG}, Pinto Beans
 Apples ^{LG}, Oranges

5
 French Toast W/ Eggs ^V
 OR Sausage
 Meatball Calzone
 Hummus & Veggie Platter ^V
 Tuna Salad Sandwich
 Celery
 Mixed Vegetables ^{LG}
 Applesauce, Oranges

6
 Cheese Pizza ^V
 Buffalo Chicken Pizza
 Ham Chef Salad
 Tuna Salad Sandwich
 Corn ^{LG} Green Beans ^{LG}
 Apples ^{LG}, Oranges
 Juice

9
 Sweet & Sour Chicken
 W/ Rice
 Ranch Chicken Flatbread
 Ranch Chicken Salad
 Turkey Sandwich
 Broccoli, Carrots
 Oranges, Apples, Juice

10
 Shepherd's Pie
 Chicken Marinara Pasta
 Fruit, Cheese Platter with Roll
 Turkey Sandwich
 Parsnips ^{LG}, Green Beans ^{LG}
 Oranges, Apples

11
**Spicy Southern
 Chicken Sandwich**
 Mozzarella Sticks with Marinara
 Ranch Chicken Salad
 Turkey Sandwich
 Mixed Vegetables
 Butternut Squash ^{LG}
 Oranges, Apples
Fuel Up Promotion

12
 BBQ Chicken Melt
 Hamburger
 Turkey Sandwich
 Fruit, Cheese Platter with Roll
 Black Beans
 Lemon Garlic Potato Salad
 Applesauce, Orange
 Harvest of The Month:
 Potatoes

13
 Cheese Pizza ^V
 White Pizza ^V
 Ranch Chicken Salad
 Turkey Sandwich
 Peas ^{LG}, Carrots
 Apples, Oranges, Juice

16
B

17
R

18
E

19
A

20
K

23
 General Tso's Chicken
 W/ Rice
 Fish Tacos
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Broccoli, Sweet potato fries
 Apples, Oranges
 Juice

24
 Tomato Florentine Soup with
 Grilled Cheese
 Chicken Fajita
 Yogurt Parfaits with Roll ^V
 Turkey & Cheese Sandwich
 Carrots, Peas ^{LG}
 Oranges, Apples

25
 Buffalo Chicken
 Macaroni & Cheese
 Patty Melt
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Kale, Corn ^{LG}
 Oranges, Apples

26
 Chicken Parm Flatbread
 Taco Nachos
 Yogurt Parfaits with Flatbread ^V
 Turkey & Cheese Sandwich
 Beans, Mixed Vegetables ^{LG}
 Applesauce, Oranges

27
 Cheese Pizza ^V
 Veggie Pizza ^V
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Butternut Squash ^{LG}
 Green Beans ^{LG}
 Oranges, Apples, Juice

30
 Orange Chicken
 W/ Broccoli & Rice
 Sloppy Joes
 Buffalo Chicken Salad
 Chicken Salad Sandwich
 Corn, Broccoli Rabe
 Mixed Fruit, Oranges, Juice

1
 Chicken Patty Sandwich
 Vegetable Calzones
 Ham & Turkey Chef Salad
 Chicken Salad Sandwich
 Green Beans ^{LG}
 Mixed Vegetables
 Oranges, Peaches, Apples

2
 Chicken Nuggets W/ Roll
 Meatball Pizza Sub
 Buffalo Chicken Salad
 Chicken Salad Sandwich
 Peas ^{LG}
 Butternut Squash ^{LG}
 Pears, Oranges, Apples

3
 Cheeseburgers
 Chicken Nachos
 Ham & Turkey Chef Salad
 Chicken Salad Sandwich
 Kale, Beans ^{LG}
 Applesauce, Oranges, Apples

4
 Cheese Pizza ^V
 Pepperoni Pizza ^V
 Buffalo Chicken Salad
 Chicken Salad Sandwich
 Carrots, Side Salad
 Oranges, Apples, Juice

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!

Check out the new Farm to Schools site!
www.lpsfarm2school.com



Sun Butter & Jelly offered daily

Fresh Fruit offered daily
 Milk Options: Skim, Chocolate, 1% White
 All Breads/Wraps are Whole Grain
All students eat at no cost!

LG Locally Grown

V Vegetarian

Menu is Subject to Change