



# Lowell High School Lunch Menu April 2018

2

Meatloaf W/ Gravy  
Veggie Quesadilla <sup>V</sup>  
Buffalo Chicken Calzone  
Sausage Pizza  
Peas <sup>LG</sup>, Tomatoes  
Grapes, Mixed Fruit  
Juice

3

Popcorn Chicken Bowl  
Pasta W/ Meat Sauce  
Pico De Gallo Pizza  
Hawaiian Pizza  
Roasted Cauliflower, Kale <sup>LG</sup>  
Bananas, Peaches

4

Cheesy Baked Penne <sup>LG</sup>  
Chicken Drumstick W/ Roll  
BBQ Chicken Pizza  
Pepperoni Pizza  
Butternut Squash  
Broccoli Rabe <sup>LG</sup>  
Apples, Pears

5

Taco Nachos  
Ham & Cheese Melt  
Chicken Club Pizza  
White Cheese Pizza <sup>V</sup>  
Kidney Beans  
Mixed Vegetables <sup>LG</sup>  
Applesauce, Oranges

6

**Burrito Bar**  
BBQ Chicken Calzone  
Taco Pizza  
Celery, Red Peppers  
Apples, Pears, Juice

9

Mozzarella Sticks  
Cheese Steak Grilled  
Cheese  
Ham & Cheese Calzone  
Sausage Pizza  
Black Beans, Broccoli, Side  
Salad  
Grapes, Mixed Fruit, Juice

10

**Spicy Southern  
Chicken Sandwich**  
Baked Ziti  
BBQ Chicken Pizza  
Green beans  
Red Pepper Strips  
Bananas, Peaches  
**\*Fuel Up Promotion\***

11

Shepherd's Pie  
Chicken & Cheese  
Quesadilla  
Potato Pizza  
Mexican Pizza  
Butternut Squash <sup>LG</sup>  
Zucchini, Side Salad  
Apples, Pears

12

**Nacho Bar**  
Pasta W/ Chicken  
Cheeseburger Pizza  
**Lemon Garlic Potato Salad**  
Celery, Side Salad  
Oranges, Applesauce  
**Harvest of The Month:  
Potatoes**

13

Orange Chicken  
W/ Broccoli & Rice  
Buffalo Chicken Sub  
BBQ Chicken Pizza  
Kale <sup>V</sup> Coleslaw, Side Salad  
Pears, Fruit Salad, Juice

16

B

17

R

18

E

19

A

20

K

23

Pasta W/ Meat Sauce  
BBQ Chicken Flatbread  
Meatball Calzone  
Chicken Parm. Pizza  
Tater Tots, Kale <sup>LG</sup>  
Grapes, Mixed Fruit, Juice

24

Chicken BLT Melt  
Mac N Cheese <sup>V</sup>  
Buffalo Chicken  
Flatbread Pizza  
Meatball Pizza  
Mixed Vegetables <sup>LG</sup>  
Red Peppers  
Bananas, Peaches

25

Chicken & Veggie Quesadilla  
General Tso's Chicken W/  
Vegetables  
BBQ Chicken Pizza  
Buffalo Chicken Pizza  
Zucchini, Butternut Squash <sup>LG</sup>  
Apples, Pears

26

Chicken Nachos  
Chicken & Spinach  
Calzone  
Hawaiian Pizza  
Baked Beans  
Green Beans <sup>LG</sup>  
Applesauce, Oranges

27

French Toast W/ Egg or  
Sausage  
Country Chicken Bowl  
BBQ Chicken Pizza  
Veggie Pizza <sup>V</sup>  
Cucumber Tomato Salad,  
Broccoli Rabe <sup>LG</sup>  
Fruit Salad, Pears, Juice

30

Chicken Drumstick W/ Roll  
Chicken Fajita  
Cheeseburger Pizza  
Pepperoni Pizza  
Broccoli, Peas <sup>LG</sup>  
Grapes, Mixed Fruit, Juice

1

Asian Stir Fry Noodle Boat  
Chicken Parm. Pizza  
Pepperoni Pizza  
Butternut Squash <sup>LG</sup>  
Zucchini  
Apples, Pears

2

**Baked Potato Bar**  
Ham & Cheese Calzone  
Buffalo Chicken Pizza  
Pepperoni Pizza  
Carrots, Green Beans <sup>LG</sup>  
Apples, Pears

3

Beef Nachos  
BBQ Chicken Ciabatta Melt  
White Cheese Pizza <sup>LG</sup>  
Pepperoni Pizza  
Baked Beans, Celery  
Oranges, Applesauce

4

General Tso's Chicken W/  
Broccoli  
Country Chicken Bowl  
Veggie Pizza <sup>LG</sup>  
Pepperoni Pizza  
Spinach, Carrots, Side Salad  
Apples, Pears, Juice

## Be sure to check out specials at our Grab & Go, Deli, Chopped, and Grill Stations!

Fresh Fruit & 100% Fruit Juice  
Milk: Skim, FF Chocolate, 1% White  
All Breads/Wraps are Whole Grain

**Daily Grill Offerings:** Hamburger, Cheeseburger, Hot Dog,  
Chicken Patty, Cheese & Pepperoni Pizza

Look for our vegetarian selections daily at our Deli, Chopped &  
Grab & Go stations!



## All students eat at no cost!

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition  
Education & Monthly Promotions!

<sup>LG</sup> Locally Grown

Also check out the farm to school website  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

<sup>LG</sup> Vegetarian

Look out for our  
**Harvest of the Month** sampling!



Prepay & review your students account: [www.myschoolbucks.com](http://www.myschoolbucks.com)