

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 ^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