



Elementary School Lunch Menu August/September 2018

**Welcome
Back!**

28
Pasta with Beef Sauce
Turkey Wrap
Yogurt Parfait ^V
Green Beans, Butternut
Squash, Oranges, Peaches

29
Crispy Chicken Nuggets
W/Dinner Roll
Ham & Turkey Chef Salad
Turkey Wrap
Kale, Carrots,
Banana, Pears

30
Cheeseburger
Turkey Wrap
Yogurt Parfait ^V
Pinto Beans, Corn,
Pears, Applesauce

No School

3
Labor Day

No School

4
No School

Election Day

5
Loaded Baked Potato
Fruit Salad Platter ^V
Chicken Salad Sandwich
Butternut Squash, Red
Peppers,
Bananas, Pears

6
Soft Beef Taco's
Tuna Salad
Chicken Salad Sandwich
Pinto Beans, Green Beans
Pears, Applesauce

7
Cheese Pizza ^V
Pepperoni Pizza
Fruit Salad Platter ^V
Chicken Salad Sandwich
Broccoli, Carrots,
Oranges, Fruit Cup, Juice

10
Popcorn Chicken W/ Broccoli
& Rice
Chicken Caesar Salad
Ham & Cheese Sandwich
Corn, Peas,
Apples, Mixed Fruit,
Juice

11
French Toast Sticks W/
Chicken Sausage Patty OR
Eggs
Turkey & Cheese Salad
Ham & Cheese Sandwich
Mixed Vegetables,
Butternut Squash,
Oranges, Peaches

12
Orange Chicken over Rice
Chicken Caesar Salad
Ham & Cheese Sandwich
Chickpeas, Green Beans,
Bananas, Pears ^{LG}

13
Pasta with Chicken & Sauce
Turkey & Cheese Salad
Ham & Cheese Sandwich
Kale, Red Peppers,
Pears, Applesauce

14
Cheese Pizza ^V
Pepperoni Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Garden Salad, Carrots,
Oranges, Peaches,
Juice

17
Cheese Quesadilla ^V
W/Dinner Roll
Veggie Hummus Plate ^V
Turkey Sandwich
Broccoli, Carrots
Apples, Mixed Fruit, Juice

18
Country Chicken Bowl
W/Dinner Roll
Ranch Chicken Salad
Turkey Sandwich
Green Beans, Corn,
Oranges, Peaches

19
Cheeseburger
Veggie Hummus Plate ^V
Turkey Sandwich
Butternut Squash, Mixed
Vegetables, Bananas, Pears
^{LG}

20
Beef & Bean Nachos
Ranch Chicken Salad
Turkey Sandwich
Pinto Beans, Peas,
Pears, Applesauce

21
Cheese Pizza ^V
Pepperoni Pizza
Veggie Hummus Plate ^V
Turkey Sandwich
Garden Salad, Tomatoes,
Oranges, Fruit Salad,
Juice

24
Fish Sticks W/ Dinner Roll
^V
Fruit Salad ^V
Tuna Salad Sandwich ^V
Corn, Broccoli
Apples, Mixed Fruit,
Juice

25
Pancakes W/ Chicken
Sausage OR Egg and
Yogurt
Popcorn Chicken Salad
Tuna Salad Sandwich ^V
Peas, Butternut Squash,
Oranges, Peaches

26
Macaroni & Cheese ^V
Fruit Salad ^V
Tuna Salad Sandwich ^V
Carrots, Mixed Vegetables,
Bananas, Pears

27
BBQ Chicken Sandwich
Popcorn Chicken Salad
Tuna Salad Sandwich ^V
Pinto Beans, Kale
Pears, Applesauce

28
Cheese Pizza ^V
Pepperoni Pizza
Fruit Salad ^V
Tuna Salad Sandwich ^V
Green Beans, Garden Salad
Peaches, Pineapples
Juice

Check out www.lowell.schooldish.com for Menu's,
Nutrition Education & Monthly Promotions
Check out our new website farm to school!
www.lpsfarm2school.com

Look out for our
Harvest of the Month sampling!



Sun Butter & Jelly Offered Daily

Fresh Fruit offered daily
Milk: Skim, Chocolate, 1% White

^{LG} Locally Grown

All students eat at no cost!

^V Vegetarian

Menus are subject to change