

**Welcome
back!**

28
Chicken Patty Sandwich
Meatball Calzone
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Green Beans, Butternut
Squash, Peaches, Apples

29
Meatball Pizza Sub
Chicken Fajitas
Buffalo Chicken Salad
Chicken Salad Sandwich
Corn, Peas, Apples, Oranges

30
Cheeseburger
BBQ Chicken Sandwich
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Kale, Mixed Vegetables,
Pears, Oranges

31
No School

3
**No School
Labor Day**

4
**No School
Election Day**

5
Beef Nachos
Chicken Nuggets W/ Roll
Ham Chef Salad
Tuna Salad Sandwich
Pinto Beans, Peas, Apples,
Pears

6
French Toast Sticks W/
Sausage Patty OR Eggs
Meatball Calzone
Veggie Hummus Plate
Tuna Salad Sandwich
Mixed Vegetables,
Butternut Squash, Apples,
Oranges

7
Cheese & Buffalo Chicken
Pizza
Ham Chef Salad
Tuna Salad Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

10
Sweet & Sour Chicken W/
Rice
Cheeseburger
Ranch Chicken Salad
Turkey & Cheese Sandwich
Green Beans, Corn, Apples,
Oranges
Juice

11
Soft Fish Tacos
Pasta & Chicken W/ Sauce
Fruit & Cheese Plate
Turkey & Cheese Sandwich
Broccoli, Butternut Squash,
Apples, Oranges

12
Chicken & Bean Burritos
Mozzarella Sticks
Ranch Chicken Salad
Turkey & Cheese Sandwich
Black Beans, Peas, Apples,
Oranges
***Harvest of The Month*
Tomatoes**

13
BBQ Chicken Sandwich
Fruit & Cheese Plate
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale, Mixed Vegetables,
Applesauce, Oranges

14
Cheese & White Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

17
Grilled Cheese W/ Tomato
Soup
Spicy Chicken Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Broccoli, Butternut Squash,
Oranges, Mixed Fruit
Juice

18
Pasta W/ Meat Sauce
Crispy Chicken Tenders
Pasta Salad
Ham & Cheese Sandwich
Green Beans, Celery,
Peaches, Oranges

19
Bacon Cheeseburger
Bean & Cheese Quesadillas
Chicken Caesar Salad
Ham & Cheese Sandwich
Pinto Beans, Corn, Apples,
Pears

20
Pasta & Chicken W/ Sauce
Beef Nachos
Pasta Salad
Ham & Cheese Sandwich
Cucumbers, Mixed
Vegetables, Applesauce,
Oranges

21
Cheese & Vegetable Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

24
General Tso Chicken &
Vegetables W/ Rice
Fish Patty Sandwich
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli, Corn, Apples,
Oranges
Juice

25
Country Chicken Bowl W/ Roll
Chicken Fajitas
Yogurt Parfait
Turkey & Cheese Sandwich
Kale, Mixed Vegetables,
Apples, Peaches

26
Macaroni & Cheese
Chicken & Salsa Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Peas, Butternut Squash,
Oranges, Pears

27
Chicken Parm Sandwich
Beef Nachos
Yogurt Parfait
Turkey & Cheese Sandwich
Pinto Beans, Green Beans,
Applesauce, Oranges

28
Cheese & Meatball Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
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 students eat at no cost!

Menu is Subject to Change

LG Locally Grown

V Vegetarian