

	28	29	30	31 <b>No School</b>
3 <b>Labor Day</b>  <b>No School</b>	4 <b>Welcome Back!</b>	5 Loaded Baked Potato Fruit Salad <sup>V</sup> 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 <sup>V</sup> Pepperoni Pizza Fruit Salad <sup>V</sup> 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 <sup>LG</sup>	13 Pasta with Chicken & Sauce Turkey & Cheese Salad Ham & Cheese Sandwich Kale, Red Peppers, Pears, Applesauce	14 Cheese Pizza <sup>V</sup> Pepperoni Pizza Chicken Caesar Salad Ham & Cheese Sandwich Garden Salad, Carrots, Oranges, Peaches, Juice
17 Cheese Quesadilla <sup>V</sup> W/Dinner Roll Veggie Hummus Plate <sup>V</sup> 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 <sup>V</sup> Turkey Sandwich Butternut Squash, Mixed Vegetables, Bananas, Pears <sup>LG</sup>	20 Beef & Bean Nachos Ranch Chicken Salad Turkey Sandwich Pinto Beans, Peas, Pears, Applesauce	21 Cheese Pizza <sup>V</sup> Pepperoni Pizza Veggie Hummus Plate <sup>V</sup> Turkey Sandwich Garden Salad, Tomatoes, Oranges, Fruit Salad, Juice
24 Fish Sticks W/ Dinner Roll <sup>V</sup> Fruit Salad <sup>V</sup> Tuna Salad Sandwich <sup>V</sup> Corn, Broccoli Apples, Mixed Fruit, Juice	25 Pancakes W/ Chicken Sausage OR Egg and Yogurt Popcorn Chicken Salad Tuna Salad Sandwich <sup>V</sup> Peas, Butternut Squash, Oranges, Peaches	26 Macaroni & Cheese <sup>V</sup> Fruit Salad <sup>V</sup> Tuna Salad Sandwich <sup>V</sup> Carrots, Mixed Vegetables, Bananas, Pears	27 BBQ Chicken Sandwich Popcorn Chicken Salad Tuna Salad Sandwich <sup>V</sup> Pinto Beans, Kale Pears, Applesauce	28 Cheese Pizza <sup>V</sup> Pepperoni Pizza Fruit Salad <sup>V</sup> Tuna Salad Sandwich <sup>V</sup> Green Beans, Garden Salad Peaches, Pineapples Juice

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's,  
Nutrition Education & Monthly Promotions  
Check out our new website farm to school!  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

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



Fresh Fruit offered daily  
Milk: Skim, 1% White

All students eat at no cost!

\*Menus are subject to change\*

<sup>LG</sup> Locally Grown

<sup>V</sup> Vegetarian