



Satellite Lunch Menu December 2018

3
Shepard's Pie with Gravy
Chef Salad with Roll
Chicken Salad Sandwich ^V
Broccoli ^{LG}, Corn ^{LG}
Apples, Mixed Fruit
Juice

4
Pancakes W/ Sausage OR
Eggs
Chef salad with Roll
Chicken Salad Sandwich ^V
Butternut Squash ^{LG}
Oranges, Applesauce

5
Chicken Broccoli Alfredo ^V
Chef Salad with Roll
Chicken Salad Sandwich
Carrots, Mixed Veg ^{LG}
Bananas, Pears

6
BBQ Chicken Sandwich
Chef Salad with Roll
Chicken Salad Sandwich
Pinto Beans, Kale ^{LG}
Pears, Applesauce

7
Cheese Pizza ^V
Green Beans ^{LG}, Garden
Salad
Apples
Juice

10
Chicken Nuggets W/ Dinner
Roll
Fruit, Yogurt and Cheese
Platter ^V
Turkey & cheese Wrap
Broccoli ^{LG}, Sweet Potato,
Apples, Juice

11
National Bagel Day!
Bagel Breakfast Sandwich
Fruit, Yogurt and Cheese
Platter ^V
Turkey Sandwich
Carrot sticks ^{LG}, tater tots
Oranges, Applesauce

12
Pasta W/ Beef Sauce
Fruit, Yogurt and Cheese
Platter ^V
Turkey Wrap
Kale ^{LG}, Peas
Apples, Bananas,

13
Cheeseburger
Fruit, Yogurt and Cheese
Platter ^V
Turkey Wrap
Beans Salad, Corn ^{LG}
Pears, Applesauce

14
Cheese Pizza ^V
Carrot
^{LG}, Garden Salad
Oranges
Juice

17
Orange Chicken over Rice
Chef Salad and a Roll
Chicken Salad Sandwich
Glazed Carrots, Broccoli ^{LG},
Apples,
Juice
**Harvest of the Month-
Carrots**

18
Country Chicken Bowl W/
Dinner Roll
Chef Salad and a Roll
Chicken Salad Sandwich
Kale ^{LG}, Corn ^{LG}, Oranges,
Peaches

19
Ham and Cheese Flat bread
Chef salad and a Roll
Chicken Salad Sandwich
Green Beans ^{LG}, Butternut
Squash, Bananas, Pears

20
Beef Soft Tacos
Chef Salad on a Roll
Chicken Salad Sandwich
Pinto Beans, Peas ^{LG}, Pears,
Applesauce

21
Cheese Pizza ^V
Broccoli ^{LG}, Carrots
Oranges, Mixed Fruit
Juice

24

25

26

27

28

Holiday Break

31

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, 1% White

^{LG} Locally Grown

All students eat at no cost!

^V Vegetarian

Menus are subject to change