

3
 General Tso Chicken & Vegetables W/ Rice
 Fish Patty Sandwich **V**
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Broccoli **LG**, Corn **LG**, Apples, Oranges
 Juice

4
 Country Chicken Bowl W/ Roll
 Chicken Fajitas
 Yogurt Parfait **V**
 Turkey & Cheese Sandwich
 Kale **LG**, Mixed Veg **LG**, Apples, Peaches

5
 Macaroni & Cheese **V**
 Chicken & Salsa Melt
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Peas **LG**, Butternut Squash **LG**, Oranges, Pears

6
 Chicken Parm Sandwich
 Beef Nachos
 Yogurt Parfait **V**
 Turkey & Cheese Sandwich
 Pinto Beans, Green Beans **LG**, Applesauce, Oranges

7
 Cheese **V** & Meatball Pizza
 Ranch Chicken Salad
 Turkey & Cheese Sandwich
 Garden Salad, Carrots, Apples, Oranges
 Juice

10
 Pasta W/ Meat Sauce
 Buffalo Chicken Salad
 Sloppy Joe Sandwich
 Hawaiian Chicken Carrot Wrap
 Beans, Broccoli **LG**, Oranges, Mixed Fruit
 Juice
Harvest of Month- Carrot

11
 Chicken Patty Sandwich
 Meatball Calzone
 Ham & Turkey Chef Salad
 Chicken Salad Sandwich
 Green Beans **LG**, Butternut Squash **LG**, Peaches, Apples

12
 Meatball Pizza Sub
 Chicken Fajitas
 Buffalo Chicken Salad
 Hawaiian Chicken Wrap
 Corn **LG**, Peas **LG**, Apples, Oranges
Harvest of Month- Carrot

13
 Cheeseburger
 BBQ Chicken Sandwich
 Ham & Turkey Chef Salad
 Chicken Salad Sandwich
 Kale **LG**, Mixed Veg **LG**, Pears, Oranges

14
 Cheese **V** & Pepperoni Pizza
 Buffalo Chicken Salad
 Chicken Salad Sandwich
 Garden Salad, Carrots, Oranges, Apples
 Juice

17
 Orange Chicken & Broccoli W/ Rice
 Chicken Patty Sandwich
 Ham Chef Salad
 Tuna Salad Sandwich **V**
 Kale **LG**, Corn **LG**, Apples, Oranges
 Juice

18
 Chicken Buffalo Fries **Hot**
 Cheeseburger
 Veggie Hummus Plate **V**
 Tuna Salad Sandwich
 Broccoli **LG**, Green Beans **LG**, Apples, Peaches

19
 Beef Nachos
 Chicken Nuggets W/ Roll
 Ham Chef Salad
 Tuna Salad Sandwich **V**
 Pinto Beans, Peas **LG**, Apples, Pears

20
 French Toast Sticks W/ Sausage Patty OR Eggs
 Meatball Calzone
 Veggie Hummus Plate **V**
 Tuna Salad Sandwich **V**
 Mixed Veg **LG**, Butternut Squash **LG**, Apples, Oranges

21
 Cheese **V** & Buffalo Chicken Pizza
 Ham Chef Salad
 Tuna Salad Sandwich **V**
 Garden Salad, Carrots, Apples, Oranges
 Juice

24 _____

25 _____

26 _____

27 _____

28 _____

Holiday Break

31 _____

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

LG Locally Grown

All students eat at no cost!

V Vegetarian

Menu is Subject to Change