




Lowell High School Lunch Menu

December 2018

<p>3</p> <p>Cheesy Baked Ziti ^V Turkey & Cheese Melt BBQ Chicken Pizza Mediterranean Salad ^V Green Beans, Fresh Broccoli ^{LG}, Cucumbers Apple, Raisins,</p>	<p>4</p> <p>Country Chicken Bowl Steak and Cheese Sub Taco Pizza Mediterranean Salad ^{LG} Mashed Potatoes, Corn ^{LG}, Peas ^{LG} Orange, Grapes</p>	<p>5</p> <p>Mozzarella Sticks ^{LG} Chicken & Cheese Quesadilla Hawaiian Pizza Mediterranean Salad ^V Mixed Veg ^{LG}, Red Pepper Strips,</p>	<p>6</p> <p>Chicken Nachos BBQ Chicken Flatbread Veggie Lovers Pizza ^{LG} Mediterranean Salad ^{LG} Kicking Beans, Kale Pear, Sliced Peaches</p>	<p>7</p> <p>General Tso's Chicken Bowl Fish Sandwich Melt ^{LG} Buffalo Chicken Pizza Mediterranean Salad ^{LG} Side Salad, Baby Carrots Apple, Juice, Diced Pears</p>
<p>10</p> <p>Chicken Broccoli Alfredo Hawaiian Chicken Wrap Taco Pizza Chicken Caesar Salad Green Beans ^{LG}, Broccoli ^{LG}, Zucchini Apple, Raisins, Harvest of the month- Carrot</p>	<p>11</p> <p>Sheppard's Pie Chicken Parm Melt BBQ chicken Pizza Chicken Caesar Salad Mashed Potatoes, Corn ^V, Peas ^{LG} Orange, Grapes</p>	<p>12</p> <p>Orange Chicken with Rice Hawaiian Chicken Wrap Hawaiian Pizza Chicken Caesar Salad Mixed Veg ^{LG}, Red Pepper Strips, Black Beans Banana, Mixed Fruit</p>	<p>13</p> <p>Beef Nachos Ham & Cheese Melt Veggie Lovers Pizza ^V Chicken Caesar Salad Celery, Kale ^{LG} Pear, Sliced Peaches</p>	<p>14</p> <p>Burrito Bar Chicken Patty Club Buffalo Chicken Pizza Chicken Caesar Salad Side Salad, Baby Carrots Apple, Juice, Diced Pears</p>
<p>17</p> <p>Chili with Beans and Roll Turkey & Cheese Melt BBQ Chicken Pizza Greek Chicken Salad ^V Green Beans ^{LG}, Broccoli Raisins,</p>	<p>18</p> <p>Chicken Buffalo Fries  Steak and Cheese Sub Taco Pizza Greek Chicken Salad ^V, Corn ^{LG}, Peas ^{LG} Orange, Grapes</p>	<p>19</p> <p>Live station- Teriyaki Noodle Bowl Fish Sandwich Melt Hawaiian Pizza Greek Chicken Salad Mixed Veg ^V, Red Pepper Strips, Banana, Mixed Fruit</p>	<p>20</p> <p>Nacho Bar BBQ Chicken Flatbread Greek Veggie Pizza ^V Hawaiian Pizza Greek Chicken Salad Black Beans, Kale ^{LG} Pear, Sliced Peaches</p>	<p>21</p> <p>Pasta with Meat Sauce Buffalo Chicken Pizza Greek Chicken Salad Side Salad, Baby Carrots Apple, Juice, Diced Pears</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>
<p>Holiday Break</p>				
<p>31</p>				

Be sure to check out specials at our Grab & Go, Deli, Chopped, and Grill Stations!

Fresh Fruit & 100% Fruit Juice
 Milk: Skim, FF Chocolate, 1% White
 All Breads/Wraps are Whole Grain

Daily Grill Offerings: Hamburger, Cheeseburger, Hot Dog, Chicken Patty, Cheese & Pepperoni Pizza

Look for our vegetarian selections daily at our Deli, Chopped & Grab & Go stations!

All students eat at no cost!

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!



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

Prepay & review your students account: www.myschoolbucks.com

