

**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 **Meat**  
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** \_\_\_\_\_

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Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

Check out the new Farm to Schools site!  
[www.lpsfarm2school.com](http://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\***