

Blank menu box

Blank menu box

Blank menu box

Blank menu box

1
Cheese ^V & White Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

4
Grilled Cheese W/ Butternut
Squash Soup
Spicy Chicken Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Broccoli ^{LG}, Oranges
**Harvest of the Month-
Butternut Squash**

5
Pasta W/ Meat Sauce
Crispy Chicken Tenders
Pasta Salad
Ham & Cheese Sandwich
Green Beans ^{LG}, Kale
=Peaches, Oranges

6
Bacon Cheeseburger
Bean & Cheese Quesadillas
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Corn ^{LG},
Apples, Pears

7
Beef Nachos
Breakfast Burrito ^{Hot}
Pasta Salad ^V
Ham & Cheese Sandwich
Pinto Beans, Mixed Veg ^{LG},
Applesauce, Oranges

8
Cheese ^V & Vegetable
Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

11
General Tso Chicken &
Vegetables W/ Rice
Fish Patty Sandwich ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli ^{LG}, Mixed Veg ^{LG}
Apples, Oranges
Juice

12
Country Chicken Bowl W/
Roll
Chicken Fajitas
Yogurt Parfait ^V
Turkey & Cheese Sandwich
Kale ^{LG}, Corn ^{LG},
Apples, Peaches

13
Macaroni & Cheese ^V
Chicken & Salsa Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Peas ^{LG}, Butternut Squash ^{LG}
, Oranges, Pears

14
Chicken Parm Sandwich
Beef Nachos
Yogurt Parfait ^V
Turkey & Cheese Sandwich
Bean salad, Green Beans
^{LG}, Applesauce, Oranges

15
Cheese ^V & Meatball Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

18
Blank menu box

19
Blank menu box

20
Winter Break

21
Blank menu box

22
Blank menu box

25
Orange Chicken & Broccoli W/
Rice
Chicken Patty Sandwich
Ham Chef Salad
Tuna Salad Sandwich
Broccoli ^{LG}, Corn ^{LG}, Apples,
Oranges
Juice

26
Spicy Chicken Sandwich
Cheeseburger
Veggie Hummus Plate ^V
Tuna Salad Sandwich ^V
Kale ^{LG}, Green Beans ^{LG},
Apples, Peaches

27
Beef Nachos
Chicken Nuggets W/ Roll
Ham Chef Salad
Tuna Salad Sandwich
Pinto Beans, Peas ^{LG}, Apples,
Pears

28
French Toast Sticks W/
Sausage Patty OR Eggs
Meatball Calzone
Veggie Hummus Plate ^V
Tuna Salad Sandwich ^V
Butternut Squash Home Fries
^{LG}, Apples, Oranges
**Harvest of the month-
Butternut Squash!**

Blank menu box

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

All students eat at no cost!

Menu is Subject to Change

LG Locally Grown

V Vegetarian