

**5**  
Grilled Cheese & Tomato Soup  
Spicy Chicken Patty  
Ham Sandwich  
Broccoli, Sweet Potatoes  
Mixed Fruit, Oranges

**6**  
Pasta W/ Meat Sauce  
Chicken Tenders  
Macaroni Vegetable Salad  
Ham & Cheese Sandwich  
Green Beans  
Mashed Potatoes  
Peaches, Oranges

**7**  
Bacon Cheeseburger  
Veggie & Cheese Quesadilla  
Chicken Caesar Salad  
Ham & Cheese Salad  
Corn, Zucchini  
Pears, Apples

**8**  
Meatball Calzones  
Beef Nachos  
Macaroni Vegetable Salad  
Ham & Cheese Sandwich  
Pinto Beans, Cucumbers  
Applesauce, Oranges

**9**  
Cheese Pizza <sup>V</sup>  
Vegetable Pizza <sup>V</sup>  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Carrots, Kale <sup>LG</sup>  
Apples, Oranges  
Juice

**12**  
General Tso's Chicken  
Fish Sandwich  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Broccoli Rabe <sup>LG</sup>, Potatoes  
Apples, Oranges  
Juice

**13**  
Chicken Fajita  
Sloppy Joe Sandwiches  
Fruit, Cheese & Veggie Platter <sup>V</sup>  
Turkey & Cheese Sandwich  
Carrots, Corn  
Oranges, Apples

**14**  
Macaroni & Cheese <sup>V</sup>  
**Chicken & Hummus Salad**  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Kale <sup>LG</sup>, Peas <sup>LG</sup>  
Oranges, Apples  
**\*Fuel Up Promotion\***

**15**  
Chicken Parm Flatbread  
Taco Nachos  
Fruit, Cheese & Veggie Platter <sup>V</sup>  
Turkey & Cheese Sandwich  
Beans, Mixed Vegetables <sup>LG</sup>  
Applesauce, Oranges

**16**  
Veggie Pizza <sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
**Roasted Butternut Squash <sup>LG</sup>**  
Green Beans <sup>LG</sup>  
Oranges, Apples, Juice  
**\*Harvest of The Month\*  
Butternut Squash**

**19**  
**B**

**20**  
**R**

**21**  
**E**

**22**  
**A**

**23**  
**K**

**26**  
Pasta Primavera <sup>V</sup>  
Chicken Patty Sandwich  
Tuna Sandwich  
Kale <sup>LG</sup>, Carrots  
Mixed Fruit, Apples,  
Juice

**27**  
Chicken Parm Melt  
Cheeseburger  
Hummus & Veggie Platter <sup>V</sup>  
Tuna Salad Sandwich  
Broccoli Rabe <sup>LG</sup> Side Salad  
Apples, Oranges

**28**  
**Spicy Thai Chicken Bowl**  
Baked Potato <sup>V</sup>  
Ham Chef Salad  
Tuna Salad Sandwich  
Corn, Pinto Beans  
Apples <sup>LG</sup>, Oranges  
**\*Fuel Up Promotion\***

**1**  
French Toast W/ Eggs <sup>V</sup>  
OR Sausage  
Meatball Calzone  
Hummus & Veggie Platter <sup>V</sup>  
Tuna Salad Sandwich  
Potatoes  
Mixed Vegetables <sup>LG</sup>  
Applesauce, Oranges

**2**  
Cheese Pizza <sup>V</sup>  
& Buffalo Chicken Pizza  
Ham Chef Salad  
Tuna Salad Sandwich  
Peas <sup>LG</sup> Side Salad  
Apples <sup>LG</sup>, Oranges  
Juice

**3**

**4**

**5**

**6**

**7**

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  
All Breads/Wraps are Whole Grain  
**All students eat at no cost!**

**\*Menu is Subject to Change\***

**LG** Locally Grown

**V** Vegetarian