



# Lowell High School Lunch Menu

## February 2019

1

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4

1

**Burrito Bar**  
Grilled Cheese w/ Tomato Soup <sup>V</sup>  
Buffalo Chicken Pizza  
Taco Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

4

Butternut Squash Soup with cheesy Bread  
Buffalo Chicken Sub  
BBQ Chicken Pizza  
Cobb Salad <sup>V</sup>  
Green Beans, Broccoli  
Apple, Raisins,  
**Harvest of the Month- Butternut Squash**

5

Roast Turkey w/ Stuffing & Gravy  
Chicken Parm Melt  
Taco Pizza  
Cobb Salad <sup>V</sup>  
Mashed Potatoes, Corn <sup>LG</sup>, Apples, bananas

6

Beef Tacos  
Chicken BLT  
Hawaiian Pizza  
Cobb Salad <sup>V</sup>  
Mixed Vegetables, Black Beans  
Banana, Mixed Fruit

7

Beef Nachos  
**Breakfast Burrito** <sup>LG</sup>  
Greek Veggie Pizza <sup>V</sup>  
Cobb Salad <sup>V</sup>  
Green beans, Kale <sup>LG</sup>  
Pear, Sliced Peaches

8

**Potato Bar**  
Toasted Turkey Club  
Buffalo Chicken Pizza  
Cobb Salad <sup>V</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

11

Cheesy Baked Ziti <sup>V</sup>  
Turkey & Cheese Melt  
BBQ Chicken Pizza  
Mediterranean Salad <sup>V</sup>  
Green Beans, Fresh Broccoli <sup>LG</sup>, Cucumbers  
Apple, Raisins

12

Country Chicken Bowl  
Steak and Cheese Sub  
Taco Pizza  
Mediterranean Salad <sup>V</sup>  
Mashed Potatoes, Corn <sup>LG</sup>, Peas <sup>LG</sup>, Orange, Grapes

13

Mozzarella Sticks <sup>V</sup>  
Chicken & Cheese Quesadilla  
Hawaiian Pizza  
Mediterranean Salad <sup>V</sup>  
Mixed Veg <sup>LG</sup>, Red Pepper Strips, Black Beans

14

Chicken Nachos  
BBQ Chicken Flatbread  
Veggie Lovers Pizza <sup>V</sup>  
Mediterranean Salad <sup>V</sup>  
Celery, Baked Beans, Kale  
Pear, Sliced Peaches

15

General Tso's Chicken Bowl  
Fish Sandwich Melt <sup>V</sup>  
Buffalo Chicken Pizza  
Mediterranean Salad <sup>V</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

18

19

20

21

22

### Winter Break

25

Cheesy Chicken Baked Ziti <sup>V</sup>  
Turkey & Cheese Melt  
BBQ Chicken Pizza  
Greek Chicken Salad <sup>V</sup>  
Green Beans <sup>LG</sup>, Broccoli <sup>LG</sup>, Apple, Raisins

26

Chicken Wing Bar  
Steak and Cheese Sub  
Taco Pizza  
Greek Chicken Salad <sup>V</sup>  
Mashed Potatoes, Corn <sup>LG</sup>, Peas <sup>LG</sup>, Orange, Grapes

27

French toast with Sausage or Egg  
Chicken Tacos  
Hawaiian Pizza  
Greek Chicken Salad  
Butternut Squash Fries.  
Kale  
Banana, Mixed Fruit  
**Harvest of Month-**

28

**Nacho Bar**  
BBQ Chicken Flatbread  
Greek Veggie Pizza <sup>V</sup>  
Greek Chicken Salad  
Pinto Beans, Kale <sup>LG</sup>  
Pear, Sliced Peaches

29

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



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Look out for our **Harvest of the Month** sampling!  
Prepay & review your students account:  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

