



Lowell High School Lunch Menu February 2018

5
Cheese Quesadilla ^V
Chili Mac N Cheese
Chicken & Spinach Calzone
White Pizza ^V
Brussel Sprouts, Tomatoes
Grapes, Mixed Fruit, Juice

6
Country Chicken Bowl
Chicken Fajita
Beef & Pepperoni Calzone
BBQ Chicken Pizza
Celery, Carrots
Bananas, Peaches

7
Orange Popcorn Chicken
W/ Broccoli
Chicken Drumstick W/ Roll
Meatball Calzone
Spicy Chicken Sausage Pizza
Zucchini, Green Beans ^{LG}
Apples, Pears

8
Chicken Nachos
Roast Turkey W/ Stuffing
& Gravy
Buffalo Chicken Flatbread
Pizza
Roasted Vegetable Pizza ^V
Pinto Beans, Carrots
Applesauce, Oranges

9
Chicken & Ham Jambalaya
Soft Fish Tacos
White Tomato & Herb Pizza ^V
Mexican Pizza
Broccoli Rabe ^{LG} Cucumbers
Fruit Salad, Apricots, Juice

12
Pasta Primavera ^V
Chicken Drumstick W/ Roll
Meatball Calzone
Chicken Parm. Pizza
Tater Tots, Kale ^{LG}
Grapes, Mixed Fruit, Juice

13
Fish Sticks
Mac N Cheese ^V
Buffalo Chicken Flatbread
Pizza
Meatball Pizza
Mixed Vegetables ^{LG}
Red Peppers
Bananas, Peaches

14
Chicken & Veggie Quesadilla ^V
General Tso's Chicken W/
Vegetables
White Tomato & Herb Pizza ^V
Buffalo Chicken Pizza
Zucchini, Butternut Squash ^{LG}
Apples, Pears

15
Chicken Nachos
Chicken & Hummus Salad
Chicken & Spinach Calzone
Hawaiian Pizza
Baked Beans, Celery Sticks
Applesauce, Oranges
Fuel Up Promotion

16
Sweet & Sour Popcorn
Chicken W/ Broccoli
Country Chicken Bowl
Chipotle BBQ Chicken Pizza
Veggie Pizza ^V
Cucumber Tomato Salad,
Broccoli Rabe ^{LG}
Fruit Salad, Apricots, Juice

19
B

20
R

21
E

22
A

23
K

26
Meatloaf W/ Gravy
Beef Quesadilla
Buffalo Chicken Calzone
Sausage Pizza
Peas ^{LG}, Tomatoes
Grapes, Mixed Fruit
Juice

27
Popcorn Chicken Bowl
Chicken Fajita
Pico De Gallo Pizza
Vegetarian Hawaiian Pizza ^V
Roasted Cauliflower,
Kale ^{LG}
Bananas, Peaches

28
Cheesy Baked Penne ^V
Cheese & Bean Burrito ^V
Vegetable Stromboli
BBQ Sriracha Chicken Pizza
Roasted Butternut Squash,
Broccoli Rabe ^{LG}
Apples, Pears
***Harvest of The Month*
Butternut Squash**

1
Taco Nachos
Spicy Thai Chicken Bowl
Chicken Club Flatbread
Pizza
White Cheese Pizza ^V
Kidney Beans, Mixed
Vegetables ^{LG} Applesauce,
Oranges
Fuel Up Promotion

2
Cajun Chili Fries Bowl
Soft Beef Tacos
BBQ Chicken Calzone
Taco Pizza
Celery, Red Peppers
Apples, Apricots, Juice

29

30

31

1

2

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!

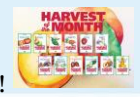
Also check out the farm to school website www.lpsfarm2school.com

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

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

^{LG} Locally Grown

^V Vegetarian



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