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**1**  
Cheese <sup>V</sup> & 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 <sup>LG</sup>, Oranges  
**Harvest of the Month-  
Butternut Squash**

**5**  
Macaroni and Cheese  
Crispy Chicken Tenders  
Pasta Salad  
Ham & Cheese Sandwich  
Green Beans <sup>LG</sup>, Kale  
=Peaches, Oranges

**6**  
Bacon Cheeseburger  
Bean & Cheese Quesadillas  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Carrots, Corn <sup>LG</sup>,  
Apples, Pears

**7**  
Beef Nachos  
Breakfast Burrito <sup>Hot</sup>  
Pasta Salad <sup>V</sup>  
Ham & Cheese Sandwich  
Pinto Beans, Mixed Veg <sup>LG</sup>,  
Applesauce, Oranges

**8**  
Cheese <sup>V</sup> & Vegetable  
Pizza  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**11**  
General Tso Chicken &  
Vegetables W/ Rice  
Fish Patty Sandwich <sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Broccoli <sup>LG</sup>, Mixed Veg <sup>LG</sup>  
Apples, Oranges  
Juice

**12**  
Country Chicken Bowl W/  
Roll  
Chicken Fajitas  
Yogurt Parfait <sup>V</sup>  
Turkey & Cheese Sandwich  
Kale <sup>LG</sup>, Corn <sup>LG</sup>,  
Apples, Peaches

**13**  
Chili with a Roll  
Chicken & Salsa Melt  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Peas <sup>LG</sup>, Butternut Squash <sup>LG</sup>,  
Oranges, Pears

**14**  
Chicken Parm Sandwich  
Beef Nachos  
Yogurt Parfait <sup>V</sup>  
Turkey & Cheese Sandwich  
Bean salad, Green Beans  
<sup>LG</sup>, Applesauce, Oranges

**15**  
Cheese <sup>V</sup> & Meatball Pizza  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**18**  
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**19**  
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**20**  
**Winter Break**

**21**  
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**25**  
Orange Chicken & Broccoli W/  
Rice  
Chicken Patty Sandwich  
Ham Chef Salad  
Tuna Salad Sandwich  
Broccoli <sup>LG</sup>, Corn <sup>LG</sup>, Apples,  
Oranges  
Juice

**26**  
Spicy Chicken Sandwich  
Cheeseburger  
Veggie Hummus Plate <sup>V</sup>  
Tuna Salad Sandwich <sup>V</sup>  
Kale <sup>LG</sup>, Green Beans <sup>LG</sup>,  
Apples, Peaches

**27**  
Beef Nachos  
Chicken Nuggets W/ Roll  
Ham Chef Salad  
Tuna Salad Sandwich  
Pinto Beans, Peas <sup>LG</sup>, Apples,  
Pears

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

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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\***