

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 ^V
Vegetable Pizza ^V
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Kale ^{LG}
Apples, Oranges
Juice

12
General Tso's Chicken
Fish Sandwich
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli Rabe ^{LG}, Potatoes
Apples, Oranges
Juice

13
Chicken Fajita
Sloppy Joe Sandwiches
Fruit, Cheese & Veggie
Platter ^V
Turkey & Cheese Sandwich
Carrots, Corn
Oranges, Apples

14
Macaroni & Cheese ^V
Chicken & Hummus Salad
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale ^{LG}, Peas ^{LG}
Oranges, Apples
Fuel Up Promotion

15
Chicken Parm Flatbread
Taco Nachos
Fruit, Cheese & Veggie
Platter ^V
Turkey & Cheese Sandwich
Beans, Mixed Vegetables ^{LG}
Applesauce, Oranges

16
Veggie Pizza ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Roasted Butternut Squash ^{LG}
Green Beans ^{LG}
Oranges, Apples, Juice
***Harvest of The Month*
Butternut Squash**

19
B

20
R

21
E

22
A

23
K

26
Pasta Primavera ^V
Chicken Patty Sandwich
Tuna Sandwich
Kale ^{LG}, Carrots
Mixed Fruit, Apples,
Juice

27
Chicken Parm Melt
Cheeseburger
Hummus & Veggie Platter ^V
Tuna Salad Sandwich
Broccoli Rabe ^{LG} Side Salad
Apples, Oranges

28
Spicy Thai Chicken Bowl
Baked Potato ^V
Ham Chef Salad
Tuna Salad Sandwich
Corn, Pinto Beans
Apples ^{LG}, Oranges
Fuel Up Promotion

1
French Toast W/ Eggs ^V
OR Sausage
Meatball Calzone
Hummus & Veggie Platter ^V
Tuna Salad Sandwich
Potatoes
Mixed Vegetables ^{LG}
Applesauce, Oranges

2
Cheese Pizza ^V
& Buffalo Chicken Pizza
Ham Chef Salad
Tuna Salad Sandwich
Peas ^{LG} Side Salad
Apples ^{LG}, Oranges
Juice

10

11

17

18

24

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

LG Locally Grown

V Vegetarian

Menu is Subject to Change