



Satellite High School Lunch Menu February 2018

<p>5 Veggie & Cheese Quesadilla Hummus & Veggie Plate V Turkey Sandwich Broccoli, Carrots Mixed Fruit, Apples</p>	<p>6 Country Chicken Bowl W/ Dinner Roll Chicken Ranch Salad Turkey & Cheese Sandwich Celery, Carrots Oranges, Peaches</p>	<p>7 Cheeseburger Hummus & Veggie Plate LG Turkey & Cheese Sandwich Pinto Beans, Celery Pears, Bananas</p>	<p>8 Beef & Bean Nachos Chicken Ranch Salad Turkey & Cheese Sandwich Zucchini, Carrots Pears, Applesauce</p>	<p>9 Cheese Pizza V Pepperoni Pizza Hummus & Veggie Plate V Turkey & Cheese Sandwich Green Beans LG, Side Salad Fruit Salad, Oranges, Juice</p>
<p>12 Pancakes W/ Sausage OR Eggs Fruit and Cheese Platter V Tuna Salad Sandwich Peas LG, Broccoli Rabe LG Apples, Mixed Fruit, Juice</p>	<p>13 Fish Sticks W/Dinner Roll Popcorn Chicken Salad Tuna Salad Sandwich Peas Roasted Butternut Squash LG Oranges, Peaches *Harvest of the Month* Butternut Squash</p>	<p>14 Chicken & Hummus Salad Fruit and Cheese Platter V Tuna Salad Sandwich Sweet Potato Mixed Vegetable LG Banana, Pears *Fuel Up Promotion*</p>	<p>15 BBQ Chicken Sandwich Popcorn Chicken Salad Tuna Salad Sandwich Pinto Beans, Kale LG Pears, Applesauce</p>	<p>16 Cheese Pizza V Veggie Pizza V Fruit & Cheese Platter V Tuna Salad Sandwich Peas LG Side Salad Peaches, Pineapple Juice</p>
<p>19 B</p>	<p>20 R</p>	<p>21 E</p>	<p>22 A</p>	<p>23 K</p>
<p>26 Veggie Macaroni & Cheese V Fruit and Cheese Platter V Chicken Salad Sandwich Butternut Squash LG Carrots Apples, Mixed Fruit Juice</p>	<p>27 Country Chicken Bowl W/Dinner Roll Ranch Chicken Salad Chicken Salad Sandwich Mixed Vegetable LG, Kale LG Peaches</p>	<p>28 Spicy Thai Chicken Bowl Fruit & Cheese Platter V Chicken Salad Sandwich Sweet Potatoes, Peas LG Bananas, Pears *Fuel Up Promotion*</p>	<p>1 Soft Beef Taco's Ranch Chicken Salad Chicken Salad Sandwich Pinto Beans Green Beans Pears, Applesauce</p>	<p>2 Cheese Pizza V Pepperoni Pizza Fruit and Cheese Platter LG Chicken Salad Sandwich Corn, Broccoli Rabe LG Oranges, Fruit Salad Juice</p>
<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>

Check out www.lowell.schooldish.com for Menu's,
Nutrition Education & Monthly Promotions
Check out our new website farm to school!
www.lpsfarm2school.com

Look out for our
Harvest of the Month sampling!



Sun Butter & Jelly Offered Daily

Fresh Fruit offered daily
Milk: Skim, Chocolate, 1% White

All students eat at no cost!

Menus are subject to change

LG Locally Grown
LG Vegetarian

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