



Satellite High School Lunch Menu February 2018

5
Vegetable Flatbread
Hummus & Veggie Plate **V**
Turkey & Cheese Sandwich
Broccoli, Carrots
Mixed Fruit, Apples

6
Country Chicken Bowl
W/ Dinner Roll
Chicken Ranch Salad
Turkey & Cheese Sandwich
Celery, Carrots
Oranges, Peaches

7
Cheeseburger
Hummus & Veggie Plate **LG**
Turkey & Cheese Sandwich
Pinto Beans, Celery
Pears, Bananas

8
Beef & Bean Nachos
Chicken Ranch Salad
Turkey & Cheese Sandwich
Zucchini, Carrots
Pears, Applesauce

9
Cheese Pizza **V**
Hummus & Veggie Plate **V**
Turkey & Cheese Sandwich
Green Beans **LG**, Side Salad
Fruit Salad, Oranges, Juice

12
Pancakes W/ Sausage
OR Eggs
Popcorn chicken Salad
Turkey, Ham & Cheese
Sandwich
Peas **LG**, Broccoli Rabe **LG**
Apples, Mixed Fruit,
Juice

13
Ham & Cheese Flatbread
Popcorn Chicken Salad
Turkey, Ham & Cheese
Sandwich
Peas
Roasted Butternut Squash **LG**
Oranges, Peaches
Harvest of the Month
Butternut Squash

14
Sloppy Joes on a Bun
Chicken & Hummus Salad
Turkey, Ham & Cheese
Sandwich
Sweet Potato
Mixed Vegetable **LG**
Banana, Pears
Fuel Up Promotion

15
BBQ Chicken Sandwich
Popcorn Chicken Salad
Turkey, Ham & Cheese
Sandwich
Pinto Beans, Kale **LG**
Pears, Applesauce

16
Cheese Pizza **V**
Turkey, Ham & Cheese
Sandwich
Popcorn Chicken Salad
Peas **LG** Side Salad
Peaches, Apples
Juice

19
B

20
R

21
E

22
A

23
K

26
Pasta Primavera **V**
Hummus and Veggie Platter **V**
Chicken Salad Sandwich
Butternut Squash **LG** Green
beans
Apples, Mixed Fruit
Juice

27
Country Chicken Bowl
W/Dinner Roll
Hummus and Veggie Platter
Chicken Salad Sandwich
Mixed Vegetable **LG**, Kale **LG**
Peaches, banana

28
Thai Chicken Bowl
Hummus and veggie Platter **V**
Chicken Salad Sandwich
Sweet Potatoes, Peas **LG**
Bananas, Pears
Fuel Up Promotion

1
Soft Beef Taco's
Ranch Chicken Salad
Chicken Salad Sandwich
Pinto Beans
Corn
Pears, Applesauce

2
Cheese Pizza **V**
Hummus and Veggie
Platter **LG**
Chicken Salad Sandwich
Carrots, Broccoli Rabe **LG**
Oranges, Apples
Juice

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
Locally Grown

All students eat at no cost!

Menus are subject to change

LG Vegetarian

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