

**1**

**No School  
New Years' Day**

**2**

Bacon Cheeseburger  
Bean & Cheese Quesadillas  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Broccoli, Corn, **LG**  
Apples, Pears

**3**

Pasta & Chicken W/ Sauce  
Beef Nachos  
Pasta Salad **V**  
Ham & Cheese Sandwich  
Cucumbers, Pinto Beans,  
Applesauce, Oranges

**4**

Cheese & Vegetable Pizza **V**  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**7**

General Tso Chicken &  
Vegetables W/ Rice  
Fish Patty Sandwich **V**  
Ranch Chicken Salad  
Ham and Apple Wrap  
Broccoli **LG**,  
Apples, Juice  
**Harvest of the Month-  
Apple**

**8**

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

**9**

Macaroni & Cheese **V**  
Chicken & Salsa Melt  
Ranch Chicken Salad  
Ham and Apple Wrap  
Peas **LG**, Butternut Squash **LG**,  
Oranges, Pears  
**Harvest of the Month-  
Apple**

**10**

Chicken Parm Sandwich  
Beef Nachos  
Yogurt Parfait **V**  
Turkey & Cheese Sandwich  
Pinto Beans, Green Beans  
**LG**, Applesauce, Oranges

**11**

Cheese **V** & Meatball Pizza  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**14**

Pasta W/ Meat Sauce  
Buffalo Chicken Salad  
Sloppy Joe Sandwich  
Chicken Salad Sandwich  
Spinach, Broccoli **LG**,  
Oranges, Mixed Fruit  
Juice

**15**

Chicken Patty Sandwich  
Meatball Calzone  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich  
Green Beans **LG**, Butternut  
Squash **LG**, Peaches,  
Apples

**16**

Chili with Cheese Bread **Ad**  
Chicken Fajitas  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Corn **LG**, Peas **LG**, Apples,  
Oranges

**17**

Cheeseburger  
BBQ Chicken Sandwich  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich,  
Bean Salad, Mixed Veg **LG**,  
Pears, Oranges

**18**

Cheese **V** & Pepperoni Pizza  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Garden Salad, Carrots,  
Oranges, Apples  
Juice

**21**

**No School  
M.L.K Day**

**22**

Chicken Parm Sandwich  
Cheeseburger  
Veggie Hummus Plate **V**  
Tuna Salad Sandwich **V**  
Broccoli **LG**, Green Beans  
**LG**, Apples, Peaches

**23**

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

**24**

French Toast Sticks W/  
Sausage Patty OR Egg  
Pepperoni Calzone  
Veggie Hummus Plate **V**  
Tuna Salad Sandwich **V**  
Butternut Squash **LG**,  
Apples, Oranges

**25**

Cheese **V** & Buffalo  
Chicken Pizza  
Ham Chef Salad  
Tuna Salad Sandwich **V**  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**28**

Sweet & Sour Chicken W/  
Rice  
Cheeseburger  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Green Beans **LG**, Spinach,  
Apples, Oranges  
Juice

**29**

Soft Fish Tacos **V**  
Pasta & Chicken W/ Sauce  
Fruit & Cheese Plate **V**  
Turkey & Cheese Sandwich  
Broccoli **LG**, Corn **LG**, Apples,  
Oranges

**30**

Chicken & Bean Burritos  
Mozzarella Sticks **V**  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Black Beans, Peas **LG**,  
Apples, Oranges

**31**

BBQ Chicken Sandwich  
Fruit & Cheese Plate **V**  
Ranch Chicken Salad  
Turkey & Cheese Sandwich,  
Sweet Potato, Mixed Veg **LG**,  
Applesauce, Oranges

**31**

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\***