



# Lowell High School Lunch Menu

## January 2019

### 1

## No School New Year's Day

2

Beef Tacos  
Chicken BLT  
Hawaiian Pizza  
Cobb Salad <sup>V</sup>  
Mixed Vegetables, Red  
Pepper Strips, Black Beans  
Banana, Mixed Fruit

3

Beef Nachos  
Ham & Cheese Melt  
Greek Veggie Pizza <sup>LG</sup>  
Cobb Salad <sup>LG</sup>  
Celery, Baked Beans, Kale  
<sup>LG</sup>  
Pear, Sliced Peaches

4

### Potato Bar

Toasted Turkey Club  
Buffalo Chicken Pizza  
Cobb Salad <sup>LG</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

7

Cheesy Baked Ziti <sup>V</sup>  
Ham and Apple Melt  
BBQ Chicken Pizza  
Mediterranean Salad <sup>V</sup>  
Broccoli <sup>LG</sup>, Cucumbers  
Apple, Raisins,  
Harvest of the Month-  
Apple

8

Country Chicken Bowl  
Steak and Cheese Sub  
Taco Pizza  
Mediterranean Salad <sup>V</sup>  
Mashed Potatoes, Corn <sup>LG</sup>,  
Peas <sup>LG</sup>  
Orange, Grapes

9

### Chicken Wing Bar

Bean & Cheese Quesadilla  
Hawaiian Pizza  
Mediterranean Salad <sup>V</sup>  
Sweet potato fries <sup>LG</sup>,  
Black Beans

10

Chicken Nachos  
BBQ Chicken Flatbread  
Veggie Lovers Pizza <sup>V</sup>  
Mediterranean Salad <sup>V</sup>  
Celery, Kale  
Pear, Sliced Peaches

11

General Tso's Chicken Bowl  
Fish Sandwich Melt <sup>LG</sup>  
Buffalo Chicken Pizza  
Mediterranean Salad <sup>LG</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears


14

Pasta w/ Meat Sauce  
Buffalo Chicken Sub  
BBQ Chicken Pizza  
Chicken Caesar Salad  
Green Beans <sup>LG</sup>, Broccoli <sup>LG</sup>,  
Zucchini  
Apple, Raisins, Juice

15

Sheppard's Pie  
Chicken Parm Melt  
Taco Pizza  
Chicken Caesar Salad  
Mashed Potatoes, Corn <sup>LG</sup>,  
Peas <sup>LG</sup>  
Orange, Grapes

16

Chili with Cheese Bread  
 Chicken BLT  
Hawaiian Pizza  
Chicken Caesar Salad  
Mixed Veg <sup>LG</sup>, Red Pepper  
Strips, Banana, Mixed Fruit

17

Chicken Nachos  
Ham & Cheese Melt  
Veggie Lovers Pizza <sup>LG</sup>  
Chicken Caesar Salad  
Celery, Baked Beans, Kale  
<sup>LG</sup>  
Pear, Sliced Peaches

18

### Burrito Bar

Toasted Turkey Club  
Buffalo Chicken Pizza  
Chicken Caesar Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

### 21

## No School M.L.K Day

22

Country Chicken Bowl  
Steak and Cheese Sub  
Taco Pizza  
Greek Chicken Salad <sup>V</sup>  
Mashed Potatoes, Corn <sup>LG</sup>,  
Peas <sup>LG</sup>  
Orange, Grapes

23

Mozzarella Sticks <sup>V</sup>  
Chicken Tacos  
Hawaiian Pizza  
Greek Chicken Salad  
Mixed Veg <sup>LG</sup>, Red Pepper  
Strips, Black Beans  
Banana, Mixed Fruit

24

### Mediterranean Bar

BBQ Chicken Flatbread  
Greek Veggie Pizza <sup>V</sup>  
Greek Chicken Salad  
Celery, Baked Beans, Kale  
<sup>LG</sup>  
Pear, Sliced Peaches

25

Teriyaki Stir-Fry Noodle  
Bowl  
Fish Sandwich Melt <sup>V</sup>  
Buffalo Chicken Pizza  
Greek Chicken Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

28

Chicken Parm w/ Penne  
French Toast w/ Sausage  
or Egg  
BBQ Chicken Pizza  
Taco Salad  
Green Beans <sup>LG</sup>, Broccoli  
<sup>LG</sup>, Zucchini  
Apple, Raisins, Juice

29

Chicken Drum Sticks w/ Roll  
Chicken Fajitas  
Taco Pizza  
Taco Salad  
Mashed Potatoes, Corn <sup>LG</sup>,  
Peas <sup>LG</sup>  
Orange, Grapes

30

Mac & Cheese  
Vegetable Quesadilla <sup>LG</sup>  
Hawaiian Pizza  
Taco Salad  
Broccoli <sup>LG</sup>, Red Pepper  
Strips,  
Banana, Mixed Fruit

31

Beef Nachos  
General Tso's Chicken  
Bowl  
Veggie Lovers Pizza <sup>V</sup>  
Taco Salad  
Celery, Black Beans,  
Pear, Sliced Peaches

Be sure to check out specials at our Grab & Go, Deli, Chopped, and Grill Stations!

Fresh Fruit & 100% Fruit Juice  
Milk: Skim, FF Chocolate, 1% White  
All Breads/Wraps are Whole Grain

**Daily Grill Offerings:** Hamburger, Cheeseburger, Hot Dog, Chicken Patty, Cheese & Pepperoni Pizza

Look for our vegetarian selections daily at our Deli, Chopped & Grab & Go stations!

All students eat at no cost!

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

<sup>LG</sup> Locally Grown

Also check out the farm to school website [www.lpsfarm2school.com](http://www.lpsfarm2school.com)

Look out for our Harvest of the Month sampling!  
Prepay & review your students account: [www.myschoolbucks.com](http://www.myschoolbucks.com)



<sup>LG</sup> Vegetarian  
aramark