

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

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!

Check out the new Farm to Schools site!
www.lpsfarm2school.com

FarmLogix
Seeds of Technology



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