

1

No School New Year's Day

2
Chicken Nuggets w/Roll
Ranch Chicken Salad
Turkey & Cheese Sandwich
Mixed Veg^{LG}, Butternut
Squash^{LG}, Bananas, Pears

3
Beef Nachos
Ranch Chicken Salad
Turkey & Cheese Sandwich
Pinto Beans, Peas^{LG},
Pears, Applesauce

4
Cheese Pizza^V
Garden Salad, Carrots,
Oranges, Peaches,
Juice

7
Ham & Cheese flatbread
Fruit, Cheese and Yogurt
Platter^V
Chicken Salad Sandwich
Spinach^{LG}, Cucumbers
Apples, Mixed Fruit,
Juice

8
Pancakes W/ Sausage OR
Eggs
Fruit, Cheese and Yogurt
Platter^V
Chicken Salad Sandwich
Butternut Squash^{LG},
Oranges, Applesauce

9
Chicken Broccoli Alfredo
Fruit and Cheese Salad^V
Chicken Salad Sandwich
Peas, Broccoli^{LG},
Bananas, Pears

10
BBQ Chicken Sandwich
Fruit and Cheese Salad^V
Chicken Salad Sandwich
Black Beans, Corn^{LG},
Pears, Applesauce

11
Cheese Pizza^V
Carrots^{LG}, Garden Romaine
Salad,
Apples,
Juice

14
Chicken Nuggets W/ Dinner
Roll
Chicken Ranch Salad
Ham and cheese Wrap
Broccoli^{LG}, Sweet Potato,
Apples, Mixed Fruit,
Juice

15
Pasta W/ Beef Sauce
Chicken Ranch Salad
Ham and cheese Wrap
Green Beans^{LG}, Peas
Oranges, Apples

16
Country Chicken Bowl W/
Dinner Roll
Chicken Ranch Salad
Ham and cheese Wrap
Corn, Mashed Potato
Bananas, Pears

17
Cheeseburger
Chicken Ranch Salad
Ham and cheese Wrap
Bean Salad, Corn^{LG},
Pears, Applesauce

18
Cheese Pizza^V
Carrots^{LG}, Garden Salad,
Oranges,
Juice

21

No School M.L.K. Day

22
Chicken Nuggets and a Roll
Hummus Platter^V
Chicken Salad Sandwich
Butternut squash, Peas^{LG},
Oranges, Peaches

23
Loaded B. Potato
Hummus Platter^V
Chicken Salad Sandwich
Broccoli, Green Beans^{LG},
Bananas, Pears

24
Soft Beef Tacos
Hummus Platter^V
Chicken Salad Sandwich
Pinto Beans, Corn^{LG},
Pears, Applesauce

25
Cheese Pizza^V
Broccoli^{LG}, Carrots
Oranges, Mixed Fruit,
Juice

28
Popcorn Chicken W/
Broccoli over Rice
Chicken Caesar Salad
Ham & Cheese Sandwich
Corn^{LG}, Broccoli
Apples, Mixed Fruit,
Juice

29
French Toast Sticks W/
Sausage OR Eggs
Turkey & Cheese Salad
Ham & Cheese Sandwich
Sweet Potato Hash
**Spiced Baked Apples
Harvest of the Month
Apples**

30
Chicken Patty Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Chickpea Salad, Green Beans^{LG},
Bananas, Pears

31
Pasta W/ Meat and Sauce
Turkey & Cheese Salad
Ham & Cheese Sandwich
Spinach^{LG}, Red Peppers,
Pears, Applesauce

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, 1% White

^{LG} Locally Grown

All students eat at no cost!

Menus are subject to change

^V Vegetarian