

**5**  
Sweet & Sour Chicken W/ Rice  
Ranch Chicken Flatbread  
Ranch Chicken Salad  
Turkey Sandwich  
Green Beans, Broccoli  
Oranges, Apples, Juice

**6**  
Ham & Cheese Calzone  
Steak & Cheese Subs  
Ranch Chicken Salad  
Turkey Sandwich  
Carrots, Potatoes  
Oranges, Apples

**7**  
Chicken & Bean Burrito  
Hamburger  
Ranch Chicken Salad  
Turkey Sandwich  
Zucchini, Butternut Squash <sup>LG</sup>  
Oranges, Apples

**8**  
Chicken Parm Melt  
Greek Chicken Flatbread  
Ranch Chicken Salad  
Turkey Sandwich  
Black Beans  
Green Beans <sup>LG</sup>  
Applesauce, Oranges, Apples

**9**  
Cheese Pizza <sup>V</sup>  
White Pizza <sup>V</sup>  
Ranch Chicken Salad  
Turkey Sandwich  
Side Salad, Carrots  
Apples, Oranges, Juice

**12**  
Grilled Cheese & Tomato Soup <sup>V</sup>  
Spicy Chicken Patty  
Ham Sandwich  
Broccoli Rabe <sup>LG</sup>  
Sweet Potatoes  
Mixed Fruit, Oranges

**13**  
Pasta W/ Meat Sauce  
Chicken Nuggets W/ Roll  
Macaroni Vegetable Salad <sup>V</sup>  
Ham & Cheese Sandwich  
Green Beans <sup>LG</sup>  
Mashed Potatoes  
Peaches, Oranges

**14**  
Bacon Cheeseburger  
Veggie & Cheese Quesadilla <sup>V</sup>  
Chicken Caesar Salad  
Ham & Cheese Salad  
Peas <sup>LG</sup>, Mixed Vegetables <sup>LG</sup>  
Pears, Apples

**15**  
Penne Alfredo W/ Chicken  
Beef Nachos  
Macaroni Vegetable Salad <sup>V</sup>  
Ham & Cheese Sandwich  
Pinto Beans, Kale <sup>LG</sup>  
Applesauce, Oranges

**16**  
**Three Cheese Pizza** <sup>V</sup>  
Vegetable Pizza <sup>V</sup>  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Carrots, Cucumbers  
Apples, Oranges  
Juice  
**\*Harvest of The Month: Dairy**

**19**  
General Tso's Chicken  
Fish Sandwich  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Broccoli Rabe <sup>LG</sup> Potatoes  
Apples, Oranges  
Juice

**20**  
Country Chicken Bowl W/ Dinner Roll  
Chicken Fajita  
**Yogurt Parfaits** <sup>V</sup>  
Turkey & Cheese Sandwich  
Carrots, Peas <sup>LG</sup>  
Oranges, Apples  
**\*Harvest of The Month: Dairy\***

**21**  
Buffalo Chicken  
Macaroni & Cheese  
**Fiesta Flatbread**  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Kale <sup>LG</sup>, Corn <sup>LG</sup>  
Oranges, Apples  
**\*Fuel Up Promotion\***

**22**  
Chicken Parm Flatbread  
Taco Nachos  
Fruit, Cheese & Veggie Platter <sup>V</sup>  
Turkey & Cheese Sandwich  
Beans, Mixed Vegetables <sup>LG</sup>  
Applesauce, Oranges

**23**  
Veggie Pizza <sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Butternut Squash <sup>LG</sup>  
Green Beans <sup>LG</sup>  
Oranges, Apples, Juice

**26**  
Orange Chicken W/ Broccoli  
Sloppy Joes  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Corn <sup>LG</sup>, Broccoli Rabe <sup>LG</sup>  
Mixed Fruit, Oranges, Juice

**27**  
Chicken Patty Sandwich  
Meatball Calzones  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich  
Green Beans <sup>LG</sup>  
Pinto Beans  
Oranges, Peaches, Apples

**28**  
Chicken Nuggets W/ Roll  
Meatball Pizza Sub  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Peas <sup>LG</sup>  
Butternut Squash <sup>LG</sup>  
Pears, Oranges, Apples

**29**  
Cheeseburgers  
BBQ Chicken Flatbread  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich  
Kale <sup>LG</sup> Mixed Vegetables <sup>LG</sup>  
Applesauce, Oranges, Apples

**30**  
No School  
Good Friday

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  
All Breads/Wraps are Whole Grain  
**All students eat at no cost!**

**\*Menu is Subject to Change\***

<sup>LG</sup> Locally Grown  
<sup>V</sup> Vegetarian