

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 ^{LG}
Oranges, Apples

8
Chicken Parm Melt
Greek Chicken Flatbread
Ranch Chicken Salad
Turkey Sandwich
Black Beans
Green Beans ^{LG}
Applesauce, Oranges,
Apples

9
Cheese Pizza ^V
White Pizza ^V
Ranch Chicken Salad
Turkey Sandwich
Side Salad, Carrots
Apples, Oranges, Juice

12
Grilled Cheese
& Tomato Soup ^V
Spicy Chicken Patty
Ham Sandwich
Broccoli Rabe ^{LG}
Sweet Potatoes
Mixed Fruit, Oranges

13
Pasta W/ Meat Sauce
Chicken Nuggets W/ Roll
Macaroni Vegetable Salad ^V
Ham & Cheese Sandwich
Green Beans ^{LG}
Mashed Potatoes
Peaches, Oranges

14
Bacon Cheeseburger
Veggie & Cheese Quesadilla ^V
Chicken Caesar Salad
Ham & Cheese Salad
Peas ^{LG}, Mixed Vegetables ^{LG}
Pears, Apples

15
Penne Alfredo W/ Chicken
Beef Nachos
Macaroni Vegetable Salad ^V
Ham & Cheese Sandwich
Pinto Beans, Kale ^{LG}
Applesauce, Oranges

16
Three Cheese Pizza ^V
Vegetable Pizza ^V
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 ^{LG} Potatoes
Apples, Oranges
Juice

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

21
Buffalo Chicken
Macaroni & Cheese
Fiesta Flatbread
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale ^{LG}, Corn ^{LG}
Oranges, Apples
Fuel Up Promotion

22
Chicken Parm Flatbread
Taco Nachos
Fruit, Cheese & Veggie
Platter ^V
Turkey & Cheese Sandwich
Beans, Mixed Vegetables ^{LG}
Applesauce, Oranges

23
Veggie Pizza ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Butternut Squash ^{LG}
Green Beans ^{LG}
Oranges, Apples, Juice

26
Orange Chicken W/ Broccoli
Sloppy Joes
Buffalo Chicken Salad
Chicken Salad Sandwich
Corn ^{LG}, Broccoli Rabe ^{LG}
Mixed Fruit, Oranges, Juice

27
Chicken Patty Sandwich
Meatball Calzones
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Green Beans ^{LG}
Pinto Beans
Oranges, Peaches, Apples

28
Chicken Nuggets W/ Roll
Meatball Pizza Sub
Buffalo Chicken Salad
Chicken Salad Sandwich
Peas ^{LG}
Butternut Squash ^{LG}
Pears, Oranges, Apples

29
Cheeseburgers
BBQ Chicken Flatbread
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Kale ^{LG} Mixed Vegetables ^{LG}
Applesauce, Oranges,
Apples

30
No School
Good Friday

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

Check out the new Farm to Schools site!
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

^{LG} **Locally Grown**

^V **Vegetarian**