

7
Pasta Primavera ^V
Chicken Patty Sandwich
Tuna Sandwich
Kale ^{LG}, Carrots
Mixed Fruit, Apples,
Juice

8
Chicken Parm Melt
Cheeseburger
Hummus & Veggie Platter ^{LG}
Tuna Salad Sandwich
Broccoli Rabe ^{LG} Butternut
Squash
Apples, Oranges

9
Baked Potato
Chicken Fajita
Ham Chef Salad
Tuna Salad Sandwich
Peas ^{LG}, Pinto Beans
Apples ^{LG}, Oranges

10
French Toast W/ Eggs ^E
OR Sausage
Meatball Calzone
Hummus & Veggie Platter ^V
Tuna Salad Sandwich
Celery
Mixed Vegetables
Applesauce, Oranges

11
Cheese Pizza ^V
Buffalo Chicken Pizza
Ham Chef Salad
Tuna Salad Sandwich
Corn Green Beans ^{LG}
Apples ^{LG}, Oranges
Juice

14
Sweet & Sour Chicken
W/ Rice
Ranch Chicken Flatbread
Ranch Chicken Salad
Turkey Sandwich
Broccoli, Carrots
Oranges, Apples, Juice

15
Fish Tacos
Chicken Marinara Pasta
Fruit & Cheese Platter W/ Roll
Turkey Sandwich
Parsnips ^{LG}, Green Beans ^{LG}
Oranges, Apples
**Harvest of The Month:
Seafood**

16
Mozzarella Sticks w/ Marinara
Chicken & Bean Burrito
Ranch Chicken Salad
Turkey Sandwich
Mixed Vegetables
Butternut Squash ^{LG}
Oranges, Apples

17
BBQ Chicken Melt
Hamburger
Turkey Sandwich
Fruit, Cheese Platter with Roll
Black Beans, Celery
Applesauce, Orange

18
**Buffalo Chicken &
Cauliflower Pizza**
Cheese Pizza ^V
Ranch Chicken Salad
Turkey Sandwich
Peas ^{LG}, Carrots
Apples, Oranges, Juice
Fuel Up Promotion

21
Grilled Cheese
& Tomato Soup ^V
Spicy Chicken Patty
Ham Sandwich
Broccoli Rabe ^{LG}
Sweet Potatoes
Mixed Fruit, Oranges

22
Pasta W/ Meat Sauce
Chicken Nuggets W/ Roll
Macaroni Vegetable Salad ^V
Ham & Cheese Sandwich
Green Beans ^{LG}
Peas ^{LG}
Peaches, Oranges

23
Bacon Cheeseburger
Veggie Quesadilla ^V
Chicken Caesar Salad
Ham & Cheese Salad
Corn ^{LG}, Mixed Vegetables
Pears, Apples

24
Penne Alfredo W/ Chicken
Beef Nachos
Macaroni Vegetable Salad ^V
Ham & Cheese Sandwich
Pinto Beans, Kale
Applesauce, Oranges

25
**Pepper Popper
Chicken Pizza**
Three Cheese Pizza ^V
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Cucumbers
Apples, Oranges
Juice
Fuel Up Promotion

28
**Memorial Day
No School**

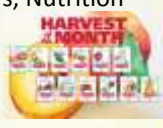
29
Tomato Florentine Soup with
Grilled Cheese
Chicken Fajita
Yogurt Parfaits ^V
Turkey & Cheese Sandwich
Carrots, Peas ^{LG}
Oranges, Apples

30
Buffalo Chicken
Macaroni & Cheese
Patty Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale, Corn ^{LG}
Oranges, Apples

31
Chicken Parm Flatbread
Taco Nachos
Yogurt Parfaits ^V
Turkey & Cheese Sandwich
Beans, Mixed Vegetables
Applesauce, Oranges

1
Cheese Pizza ^{LG}
**Beef Taco &
Jalapeno Pizza** ^{LG}
Ranch Chicken Salad
Turkey & Cheese Sandwich
Butternut Squash ^{LG}
Green Beans ^{LG}
Oranges, Apples, Juice

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
Like our LPSD- Food & Nutrition Facebook page!
[@lpsdfoodnutrition](https://www.facebook.com/lpsdfoodnutrition)



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