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**1**  
Shepards's Pie  
Chicken Fajitas  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Corn <sup>LG</sup>, Peas <sup>LG</sup>, Apples,  
Oranges

**2**  
Cheeseburger  
BBQ Chicken Sandwich  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich  
Broccoli <sup>LG</sup>, Mixed Veg <sup>LG</sup>,  
Pears, Oranges

**3**  
Cheese <sup>V</sup> & Pepperoni  
Pizza  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Garden Salad, Carrots,  
Oranges, Apples  
Juice

**6**  
Orange Chicken & Broccoli  
W/ Rice  
Chicken Patty Sandwich  
Taco Salad with Chips  
Tuna Salad Sandwich  
Broccoli <sup>LG</sup>, Corn <sup>LG</sup>,  
Apples, Oranges  
Juice

**7**  
Chicken Parm Sandwich  
Sloppy Joes  
Veggie Hummus Plate <sup>V</sup>  
Tuna Salad Sandwich <sup>V</sup>  
Mixed Veg <sup>LG</sup>, Green Beans  
<sup>LG</sup>, Apples, Mixed Fruit

**8**  
Beef Nachos  
Chicken Nuggets W/ Roll  
Taco Salad with Chips  
Tuna Salad Sandwich <sup>V</sup>  
Pinto Beans, Peas <sup>LG</sup>, Apples,  
Pears

**9**  
French Toast Sticks W/  
Sausage Patty OR Eggs  
Taco Calzone  
Veggie Hummus Plate <sup>V</sup>  
Tuna Salad Sandwich <sup>V</sup>  
Mixed Veg <sup>LG</sup>, Butternut  
Squash <sup>LG</sup>, Apples, Oranges

**10**  
Cheese <sup>V</sup> & Gyro Pizza <sup>Red</sup>  
Pizza  
Taco Salad with Chips  
Tuna Salad Sandwich <sup>V</sup>  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**13**  
Sweet & Sour Chicken W/  
Rice  
Cheeseburger  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Green Beans <sup>LG</sup>, Kale <sup>LG</sup>,  
Apples, Oranges  
Juice

**14**  
Soft Fish Tacos <sup>V</sup>  
Pasta & beef W/ Sauce  
Fruit & Cheese Plate <sup>V</sup>  
Turkey & Cheese Sandwich  
Broccoli <sup>LG</sup>, Butternut  
Squash <sup>LG</sup>, Apples,  
Oranges  
**Harvest of the Month-  
Seafood!**

**15**  
Chicken & Bean Burritos  
Mozzarella Sticks <sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Black Beans, Peas <sup>LG</sup>,  
Apples, Mixed Fruit

**16**  
Chili with Tortilla Chips  
Fruit & Cheese Plate <sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Corn <sup>LG</sup>, Mixed Veg. <sup>LG</sup>  
Applesauce, Oranges

**17**  
Cheese <sup>V</sup> & White Pizza  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**20**  
Grilled Cheese W/ Tomato  
Soup <sup>V</sup>  
Spicy Chicken Sandwich  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Carrots <sup>LG</sup> Broccoli  
, Oranges, Mixed Fruit  
Juice

**21**  
Sloppy Joes  
Crispy Chicken Nuggets  
Pasta Salad <sup>V</sup>  
Ham & Cheese Sandwich  
Green Beans <sup>LG</sup>, Butternut  
Squash, Apples Oranges

**22**  
Bacon Cheeseburger  
Bean & Cheese Quesadillas  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Sweet Potato Fries, Pea <sup>LG</sup>,  
Apples, Pears

**23**  
Beef and Rice Tortilla Bowl  
Chicken Alfredo  
Pasta Salad <sup>V</sup>  
Ham & Cheese Sandwich  
Pinto Beans, corn,  
Applesauce, Oranges

**24**  
Cheese <sup>V</sup> & Vegetable  
Pizza  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
Juice

**27**  
**No School  
Memorial Day**

**28**  
Country Chicken Bowl W/ Roll  
Chicken Fajitas  
Yogurt Parfait <sup>V</sup>  
Turkey & Cheese Sandwich  
Kale <sup>LG</sup>, Mixed Veg <sup>LG</sup>,  
Apples, Mixed Fruit

**29**  
Macaroni & Cheese <sup>V</sup>  
Chicken & Salsa Melt  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Peas <sup>LG</sup>, Butternut Squash <sup>LG</sup>,  
Oranges, Pears

**30**  
Chicken Patty Sandwich  
Beef Nachos  
Yogurt Parfait <sup>V</sup>  
Turkey & Cheese Sandwich  
Pinto Beans, Green Beans  
<sup>LG</sup>, Applesauce, Oranges

**31**  
Cheese <sup>V</sup> & Meatball Pizza  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Garden Salad, Carrots,  
Apples, Oranges  
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](http://www.lpsfarm2school.com)




**\*Sun Butter & Jelly offered daily\***  
Fresh Fruit offered daily  
Milk Options: Skim, 1% White

**All students eat at no cost!**

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

**LG** Locally Grown

**V** Vegetarian