



# Lowell High School Lunch Menu

## May 2019

1

2

1

Shepard's Pie  
Chicken BLT  
Hawaiian Pizza  
Chicken Caesar Salad  
Mixed Veg<sup>LG</sup>, Red Pepper Strips, Black Beans  
Banana, Mixed Fruit

2

**Nacho Bar**  
Macaroni and Cheese  
Ham & Cheese Melt  
Veggie Lovers Pizza<sup>V</sup>  
Chicken Caesar Salad  
Celery, Baked Beans, Kale<sup>LG</sup>  
Pear, Sliced Peaches

3

Cheesy Beef Baked Ziti  
Toasted Turkey Club  
Buffalo Chicken Pizza  
Chicken Caesar Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

6

**Burrito Bar**  
Turkey & Cheese Melt  
BBQ Chicken Pizza  
Greek Chicken Salad<sup>V</sup>  
Green Beans<sup>LG</sup>, Broccoli<sup>LG</sup>, Cucumbers  
Apple, Raisins, Juice

7

Country Chicken Bowl  
Steak and Cheese Sub  
Taco Pizza  
Greek Chicken Salad<sup>V</sup>  
Mashed Potatoes, Corn<sup>LG</sup>, Peas<sup>LG</sup>  
Orange, Grapes

8

Mozzarella Sticks<sup>V</sup>  
Chicken Tacos  
Hawaiian Pizza  
Greek Chicken Salad  
Mixed Veg<sup>LG</sup>, Red Pepper Strips, Black Beans  
Banana, Mixed Fruit

9

**Nacho Bar**  
BBQ Chicken Flatbread  
Greek Veggie Pizza<sup>V</sup>  
Greek Chicken Salad  
Celery, Baked Beans, Kale<sup>LG</sup>  
Pear, Sliced Peaches

10

Teriyaki Stir-Fry Noodle Bowl  
Fish Sandwich Melt<sup>V</sup>  
Buffalo Chicken Pizza  
Greek Chicken Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

13

Chicken Parm w/ Penne  
French Toast w/ Sausage or Egg  
BBQ Chicken Pizza  
Taco Salad  
Green Beans<sup>LG</sup>, Broccoli<sup>LG</sup>, Zucchini  
Apple, Raisins, Juice

14

Chicken Drum Sticks w/ Roll  
Chicken Fajitas  
Taco Pizza  
Taco Salad  
Mashed Potatoes, Corn<sup>LG</sup>, Peas<sup>LG</sup>  
Orange, Grapes

15

Buffalo Chicken Mac & Cheese  
Vegetable Quesadilla<sup>V</sup>  
Hawaiian Pizza  
Taco Salad  
Mixed Veg<sup>LG</sup>, Red Pepper Strips, Black Beans  
Banana, Mixed Fruit

16

**Nacho Bar**  
General Tso's Chicken Bowl  
Veggie Lovers Pizza<sup>V</sup>  
Taco Salad  
Celery, Baked Beans, Kale<sup>LG</sup>  
Pear, Sliced Peaches

17

Chili with Roll  
Grilled Cheese w/ Tomato Soup<sup>V</sup>  
Buffalo Chicken Pizza  
Taco Salad  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

20

Pasta w/ Meat Sauce  
Buffalo Chicken Sub  
BBQ Chicken Pizza  
Cobb Salad<sup>V</sup>  
Green Beans, Fresh Broccoli<sup>LG</sup>, Cucumbers  
Apple, Raisins, Juice

21

Roast Turkey w/ Stuffing & Gravy  
Chicken Parm Melt  
Taco Pizza  
Cobb Salad<sup>V</sup>  
Mashed Potatoes, Corn<sup>LG</sup>, Peas

22

Sloppy Joes  
Chicken BLT  
Hawaiian Pizza  
Cobb Salad<sup>V</sup>  
Mixed Vegetables, Red Pepper Strips, Black Beans  
Banana, Mixed Fruit

23

**Nacho Bar**  
Ham & Cheese Melt  
Greek Veggie Pizza<sup>V</sup>  
Cobb Salad<sup>V</sup>  
Celery, Baked Beans, Kale<sup>LG</sup>  
Pear, Sliced Peaches

24

**Potato Bar**  
Toasted Turkey Club  
Buffalo Chicken Pizza  
Cobb Salad<sup>V</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

27

**No School Memorial Day**

28

**Burrito Bar**  
Steak and Cheese Sub  
Taco Pizza  
Mediterranean Salad<sup>V</sup>  
Mashed Potatoes, Corn<sup>LG</sup>, Peas<sup>LG</sup>  
Orange, Grapes

29

Country Chicken Bowl  
Chicken & Cheese Quesadilla  
Hawaiian Pizza  
Mediterranean Salad<sup>V</sup>  
Mixed Veg<sup>LG</sup>, Red Pepper Strips, Black Beans

30

**Nacho Bar**  
BBQ Chicken Flatbread  
Veggie Lovers Pizza<sup>V</sup>  
Mediterranean Salad<sup>V</sup>  
Celery, Baked Beans, Kale  
Pear, Sliced Peaches

31

General Tso's Chicken Bowl  
Fish Sandwich Melt<sup>V</sup>  
Buffalo Chicken Pizza  
Mediterranean Salad<sup>V</sup>  
Side Salad, Baby Carrots  
Apple, Juice, Diced Pears

Be sure to check out specials at our Grab & Go, Deli, Chopped, and Grill Stations!

Fresh Fruit & 100% Fruit Juice  
Milk: Skim, FF Chocolate, 1% White  
All Breads/Wraps are Whole Grain

**Daily Grill Offerings:** Hamburger, Cheeseburger, Hot Dog, Chicken Patty, Cheese & Pepperoni Pizza

Look for our vegetarian selections daily at our Deli, Chopped & Grab & Go stations!



**All students eat at no cost!**

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

Also check out the farm to school website [www.lpsfarm2school.com](http://www.lpsfarm2school.com)

Look out for our **Harvest of the Month** sampling!  
Prepay & review your students account: [www.myschoolbucks.com](http://www.myschoolbucks.com)

