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1
Shepards's Pie
Chicken Fajitas
Buffalo Chicken Salad
Chicken Salad Sandwich
Corn ^{LG}, Peas ^{LG}, Apples,
Oranges

2
Cheeseburger
BBQ Chicken Sandwich
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Broccoli ^{LG}, Mixed Veg ^{LG},
Pears, Oranges

3
Cheese ^V & 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 ^{LG}, Corn ^{LG},
Apples, Oranges
Juice

7
Chicken Parm Sandwich
Sloppy Joes
Veggie Hummus Plate ^V
Tuna Salad Sandwich ^V
Mixed Veg ^{LG}, Green Beans
^{LG}, Apples, Mixed Fruit

8
Beef Nachos
Chicken Nuggets W/ Roll
Taco Salad with Chips
Tuna Salad Sandwich ^V
Pinto Beans, Peas ^{LG}, Apples,
Pears

9
French Toast Sticks W/
Sausage Patty OR Eggs
Taco Calzone
Veggie Hummus Plate ^V
Tuna Salad Sandwich ^V
Mixed Veg ^{LG}, Butternut
Squash ^{LG}, Apples, Oranges

10
Cheese ^V & Gyro Pizza ^{Red}
Pizza
Taco Salad with Chips
Tuna Salad Sandwich ^V
Garden Salad, Carrots,
Apples, Oranges
Juice

13
Sweet & Sour Chicken W/
Rice
Cheeseburger
Ranch Chicken Salad
Turkey & Cheese Sandwich
Green Beans ^{LG}, Kale ^{LG},
Apples, Oranges
Juice

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

15
Chicken & Bean Burritos
Mozzarella Sticks ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Black Beans, Peas ^{LG},
Apples, Mixed Fruit

16
Chili with Tortilla Chips
Fruit & Cheese Plate ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Corn ^{LG}, Mixed Veg. ^{LG}
Applesauce, Oranges

17
Cheese ^V & White Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

20
Grilled Cheese W/ Tomato
Soup ^V
Spicy Chicken Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots ^{LG} Broccoli
, Oranges, Mixed Fruit
Juice

21
Sloppy Joes
Crispy Chicken Nuggets
Pasta Salad ^V
Ham & Cheese Sandwich
Green Beans ^{LG}, Butternut
Squash, Apples Oranges

22
Bacon Cheeseburger
Bean & Cheese Quesadillas
Chicken Caesar Salad
Ham & Cheese Sandwich
Sweet Potato Fries, Pea ^{LG},
Apples, Pears

23
Beef and Rice Tortilla Bowl
Chicken Alfredo
Pasta Salad ^V
Ham & Cheese Sandwich
Pinto Beans, corn,
Applesauce, Oranges

24
Cheese ^V & 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 ^V
Turkey & Cheese Sandwich
Kale ^{LG}, Mixed Veg ^{LG},
Apples, Mixed Fruit

29
Macaroni & Cheese ^V
Chicken & Salsa Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Peas ^{LG}, Butternut Squash ^{LG},
Oranges, Pears

30
Chicken Patty Sandwich
Beef Nachos
Yogurt Parfait ^V
Turkey & Cheese Sandwich
Pinto Beans, Green Beans
^{LG}, Applesauce, Oranges

31
Cheese ^V & Meatball Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

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, 1% White

All students eat at no cost!

Menu is Subject to Change

LG Locally Grown

V Vegetarian