



# Satellite Lunch Menu May 2019

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**1**  
Crispy Chicken Nuggets W/  
Dinner Roll  
Chef Salad with Roll  
Turkey and Cheese Wrap  
Carrots, Kale <sup>LG</sup>, Bananas,  
Pears

**2**  
Cheeseburger  
Chef Salad with Roll  
Turkey and Cheese Wrap  
Pinto Beans, Corn <sup>LG</sup>,  
Pears, Applesauce

**3**  
Cheese Pizza <sup>V</sup>  
Garden Salad, Peas <sup>LG</sup>,  
Oranges, Peaches,  
Juice

**6**  
Breakfast Flatbread  
Fruit Salad and Cheese  
Plate <sup>V</sup>  
Chicken Salad Sandwich  
Mixed Veg <sup>LG</sup>, Butternut  
Squash <sup>LG</sup>, Apples, Pears  
Juice

**7**  
Country Chicken Bowl W/  
Dinner Roll  
Fruit Salad and Cheese  
Plate <sup>V</sup>  
Chicken Salad Sandwich  
Kale <sup>LG</sup>, Corn <sup>LG</sup>, Peaches,  
Oranges

**8**  
Sloppy Joes  
Fruit Salad & Cheese Plate  
<sup>V</sup>  
Chicken Salad Sandwich  
Green Beans, Broccoli  
Bananas, Pears

**9**  
Soft Beef Tacos  
Fruit Salad and Cheese  
Plate <sup>V</sup>  
Chicken Salad Sandwich  
Pinto Beans, Peas <sup>LG</sup>,  
Apples, Pears

**10**  
Cheese Pizza <sup>V</sup>  
Fruit Salad & Cheese Plate  
<sup>V</sup>  
Garden Salad <sup>LG</sup>, Carrots,  
Oranges, Pears  
Juice

**13**  
Chicken W/ Broccoli Over  
Rice  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Broccoli <sup>LG</sup>, Corn <sup>LG</sup>,  
Apples, Pears  
Juice

**14**  
French Toast Sticks W/  
Sausage OR Eggs  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Mixed Veg, <sup>LG</sup> Butternut  
Squash <sup>LG</sup>, Oranges,  
Peaches

**15**  
Chicken Patty Sandwich  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Chickpeas, Green Beans  
<sup>LG</sup>, Bananas, Pears

**16**  
Shepard's Pie  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Peas, Corn  
Apples, Pears

**17**  
Cheese Pizza <sup>V</sup>  
Garden Salad, Carrots,  
Oranges, Peaches  
Juice

**20**  
Cheese & Chicken  
Quesadillas <sup>V</sup>  
Taco Salad with Chips  
Turkey & Cheese Sandwich  
Broccoli <sup>LG</sup>, Carrots,  
Apples, Mixed Fruit,  
Juice

**21**  
Sloppy Joes  
Taco Salad with Chips  
Turkey & Cheese Sandwich  
Green Beans <sup>LG</sup>, Corn <sup>LG</sup>,  
Oranges, Peaches

**22**  
Country Chicken Bowl W/  
Dinner Roll  
Taco Salad with Chips  
Turkey & Cheese Sandwich  
Butternut Squash <sup>LG</sup>, Mixed  
Veg <sup>LG</sup>,  
Bananas, Pears

**23**  
Beef & Bean Nachos  
Ranch Chicken Salad  
Turkey Sandwich  
Pinto Beans, Peas <sup>LG</sup>,  
Pears, Applesauce,

**24**  
Cheese Pizza <sup>V</sup>  
Tomatoes, Garden Salad,  
Oranges, Fruit Salad,  
Juice

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

**28**  
Pancakes W/ Sausage OR  
Eggs and Yogurt  
Ranch Chicken Salad  
Turkey and Cheese  
sandwich  
Bean salad, Butternut  
Squash <sup>LG</sup>, Oranges,  
Applesauce

**29**  
Pasta with Meat Sauce  
Ranch Chicken Salad  
Turkey and Cheese Sandwich  
Peas, Mixed Veg <sup>LG</sup>,  
Bananas, Pears

**30**  
BBQ Chicken Sandwich  
Ranch Chicken Salad  
Turkey and Cheese Sandwich  
Broccoli, Corn <sup>LG</sup>,  
Pears, banana

**31**  
Cheese Pizza <sup>V</sup>  
Carrots <sup>LG</sup>, Garden Salad,  
Apple, Peaches,  
Juice

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's,  
Nutrition Education & Monthly Promotions  
Check out our new website farm to school!  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

Look out for our  
**Harvest of the Month** sampling!



**\*Sun Butter & Jelly Offered Daily\***

Fresh Fruit offered daily  
Milk: Skim, 1% White

All students eat at no cost!

\*Menus are subject to change\*

<sup>LG</sup> Locally Grown

<sup>V</sup> Vegetarian