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**1**  
Chicken Parm Sandwich  
Beef Nachos  
Yogurt Parfait **V**  
Turkey & Cheese Sandwich  
Pinto Beans, Green Beans **LG**, Applesauce, Oranges

**2**  
Cheese **V** & Meatball Pizza  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Garden Salad, Carrots, Apples, Oranges  
Juice

**5**  
Pasta W/ Meat Sauce  
Buffalo Chicken Salad  
Sloppy Joe Sandwich  
Chicken Salad Sandwich  
Beans, Broccoli **LG**, Oranges, Mixed Fruit  
Juice

**6**  
**No School Election Day**

**7**  
Meatball Pizza Sub  
Chicken Fajitas  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Corn **LG**, Peas **LG**, Apples, Oranges

**8**  
Cheeseburger  
BBQ Chicken Sandwich  
Ham & Turkey Chef Salad  
Chicken Salad Sandwich  
Kale **LG**, Mixed Veg **LG**, Pears, Oranges

**9**  
Cheese **V** & Pepperoni Pizza  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Garden Salad, Carrots, Oranges, Apples  
Juice

**12**  
**No School Veteran's Day**

**13**  
Chicken Parm Sandwich  
Cheeseburger  
Veggie Hummus Plate **V**  
Tuna Salad Sandwich **V**  
Broccoli **LG**, Green Beans **LG**, Apples, Peaches

**14**  
Beef Nachos  
Chicken Nuggets W/ Roll  
Ham Chef Salad  
Tuna Salad Sandwich **V**  
Pinto Beans, Peas **LG**, Apples, Pears

**15**  
French Toast Sticks W/ Sausage Patty OR Eggs  
Meatball Calzone  
Veggie Hummus Plate **V**  
Tuna Salad Sandwich **V**  
Mixed Veg **LG** Butternut Squash **LG**, Apples, Oranges

**16**  
Cheese **V** & Buffalo Chicken Pizza  
Ham Chef Salad  
Tuna Salad Sandwich **V**  
Garden Salad, Carrots, Apples, Oranges  
Juice

**19**  
Sweet & Sour Chicken W/ Rice  
Cheeseburger  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Green Beans **LG**, Corn **LG**, Apples, Oranges  
Juice

**20**  
Baked Potato **V**  
Chicken Broccoli Alfredo  
Fruit & Cheese Plate  
Turkey & Cheese Sandwich  
Broccoli **LG**, Butternut Squash **LG**, Apples, Oranges

**21**  
**No Lunch served.**

**22**  
**No School Thanksgiving Day**

**23**  
**No School**

**26**  
Grilled Cheese W/ Tomato Florentine **V**  
Spicy Chicken Sandwich  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Broccoli **LG**, Butternut Squash **LG**, Oranges, Juice  
Harvest of month-Kale!

**27**  
Pasta W/ Meat Sauce  
Crispy Chicken Tenders  
Antipasto Salad **V**  
Ham & Cheese Sandwich  
Green Beans **LG**, Celery, Peaches, Oranges

**28**  
Bacon Cheeseburger  
Bean & Cheese Quesadillas  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Pinto Beans, Corn **LG**, Apples, Pears

**29**  
Beef Nachos  
Hot Dog  
Antipasto Salad **V**  
Ham & Cheese Sandwich  
Cucumbers, Mixed Veg **LG**, Applesauce, Oranges

**30**  
Cheese **V** & Vegetable Pizza  
Chicken Caesar Salad  
Ham & 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!

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LPSD- Food and Nutrition



**\*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