



Lowell High School Lunch Menu

November 2018

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LPSD- Food
and Nutrition

1
Chicken Nachos
BBQ Chicken Flatbread
Veggie Lovers Pizza ^V
Mediterranean Salad ^V
Celery, Baked Beans, Kale
Pear, Sliced Peaches

2
General Tso's Chicken
Bowl
Fish Sandwich Melt ^V
Buffalo Chicken Pizza
Mediterranean Salad ^V
Side Salad, Baby Carrots
Apple, Juice, Diced Pears

5
Pasta w/ Meat Sauce
Buffalo Chicken Sub
BBQ Chicken Pizza
Chicken Caesar Salad
Green Beans ^V, Broccoli
^V, Zucchini
Apple, Raisins, Juice

6
**No School
Election Day**

7
Beef Tacos
Chicken BLT
Hawaiian Pizza
Chicken Caesar Salad
Mixed Veg ^V, Red Pepper
Strips, Black Beans
Banana, Mixed Fruit

8
Beef Nachos
Ham & Cheese Melt
Veggie Lovers Pizza ^V
Chicken Caesar Salad
Celery, Baked Beans, Kale
^{LG}
Pear, Sliced Peaches

9
Burrito Bar
Toasted Turkey Club
Buffalo Chicken Pizza
Chicken Caesar Salad
Side Salad, Baby Carrots
Apple, Juice, Diced Pears

12
Tomato and Kale Soup with
Grilled Cheese ^V
Turkey & Cheese Melt
BBQ Chicken Pizza
Greek Chicken Salad ^{LG}
Green Beans ^V, Broccoli ^V,
Cucumbers
Apple, Raisins, Juice

13
Country Chicken Bowl
Steak and Cheese Sub
Taco Pizza
Greek Chicken Salad ^V
Mashed Potatoes, Corn ^{LG},
Peas ^V
Orange, Grapes

14
Mozzarella Sticks ^V
Chicken Tacos
Hawaiian Pizza
Greek Chicken Salad
Mixed Veg ^V, Red Pepper
Strips, Black Beans
Banana, Mixed Fruit

15
Nacho Bar
BBQ Chicken Flatbread
Greek Veggie Pizza ^V
Greek Chicken Salad
Celery, Baked Beans, Kale
^V
Pear, Sliced Peaches

16
Teriyaki Stir-Fry Noodle
Bowl
Fish Sandwich Melt ^V
Buffalo Chicken Pizza
Greek Chicken Salad
Side Salad, Baby Carrots
Apple, Juice, Diced Pears

19
Chicken Parm w/ Penne
French Toast w/ Sausage or
Egg
BBQ Chicken Pizza
Taco Salad
Green Beans ^V, Broccoli ^V,
Zucchini
Apple, Raisins, Juice

20
Chili Bar- Top your own!
Chicken Fajitas
Veggie Pizza
Taco Salad
Mashed Potatoes, Corn ^V,
Peas ^V
Orange, Grapes

21
**No lunch
served- Early
dismissal!**

22
**No School
Thanksgiving**

23
No School

26
Pasta w/ Meat Sauce
Buffalo Chicken Sub
BBQ Chicken Pizza
Cobb Salad ^V
Green Beans, Fresh
Broccoli ^{LG}, Cucumbers
Apple, Raisins, Juice

27
Roast Turkey w/ Stuffing &
Gravy
Chicken Parm Melt
Taco Pizza
Cobb Salad ^V
Mashed Potatoes, Corn ^{LG},
Peas,
Orange, Grapes

28
Loaded Macaroni and
Cheese
Chicken BLT
Hawaiian Pizza
Cobb Salad ^V
Mixed Vegetables, Red
Pepper Strips, Black Beans
Banana, Mixed Fruit

29
Beef Nachos
Ham & Cheese Melt
Greek Veggie Pizza ^V
Cobb Salad ^V
Celery, Baked Beans, Kale
^{LG}
Pear, Sliced Peaches

30
Potato Bar
Toasted Turkey Club
Buffalo Chicken Pizza
Cobb Salad ^{LG}
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 for Menu's, Nutrition Education & Monthly Promotions!



Locally Grown

Look out for our
Harvest of the Month sampling!

