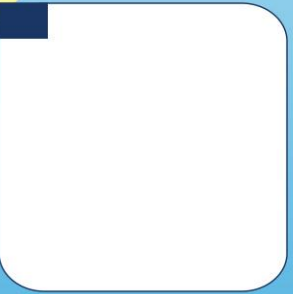
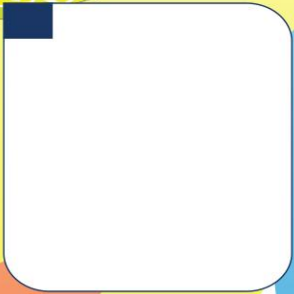




# Roger in house Lunch Menu November 2018



**1**  
BBQ Chicken Sandwich  
Popcorn Chicken Salad  
Tuna Salad Sandwich <sup>V</sup>  
Pinto Beans, Kale <sup>LG</sup>,  
Potatoes  
Pears, Applesauce

**2**  
Cheese Pizza <sup>V</sup>  
Fruit Salad <sup>V</sup>  
Tuna Salad Sandwich <sup>V</sup>  
Green Beans <sup>LG</sup>, Garden  
Salad  
Peaches  
Juice

**5**  
Chicken Nuggets W/ Dinner  
Roll  
Ham & Turkey Chef Salad  
Turkey Wrap  
Kale <sup>LG</sup>, Sweet Potato,  
Apples, Banana  
Juice

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

**7**  
Hot Turkey Sandwich  
Ham & Turkey Chef Salad  
Turkey Wrap  
Broccoli <sup>LG</sup>, Mashed  
Potatoes  
Applesauce, Bananas,

**8**  
Cheeseburger  
Chef Salad with Roll  
Turkey Wrap  
Bean Salad, Corn <sup>LG</sup>,  
Pears, Applesauce

**9**  
Cheese Pizza <sup>V</sup>  
Ham & Turkey Chef Salad  
Turkey Wrap  
Carrots <sup>LG</sup>, Garden Salad,  
Peaches, Oranges  
Juice

**12**  
**No School  
Veterans' Day  
Observed**

**13**  
Pancakes and Sausage  
Fruit, Yogurt & Cheese  
Platter <sup>V</sup>  
Chicken Salad Sandwich  
Butternut squash <sup>LG</sup>, Corn  
<sup>LG</sup>,  
Oranges, Peaches

**14**  
Ham and Cheese Flatbread  
Chicken Salad Sandwich  
Fruit, Yogurt & Cheese  
Platter <sup>V</sup>  
Kale, Mixed Veg <sup>LG</sup>,  
Bananas, Pears

**15**  
Beef Soft Tacos  
Fruit, Yogurt & Cheese Platter <sup>V</sup>  
Chicken Salad Sandwich  
Pinto Beans, Peas <sup>LG</sup>,  
Pears, Applesauce

**16**  
Cheese Pizza <sup>V</sup>  
Chicken Salad Sandwich  
Garden Salad <sup>LG</sup>, Carrots  
Mixed Fruit  
Juice

**19**  
Popcorn Chicken W/  
Broccoli Over Rice  
Chicken Caesar Kale Salad  
Ham & Cheese Sandwich  
Mixed Veg <sup>LG</sup>, Corn <sup>LG</sup>,  
Apples, Mixed Fruit  
Juice  
**Harvest of the  
Month- Kale**

**20**  
Cheeseburger  
Chicken Caesar Kale Salad  
Ham & Cheese Sandwich  
Mixed Veg, Sweet potato  
Oranges, Peaches

**21**  
**No lunch  
served- early  
dismissal.**

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

**23**  
**No School**

**26**  
Cheese Quesadillas <sup>V</sup>  
Veggie Hummus Plate <sup>V</sup>  
Turkey & Cheese Sandwich  
Broccoli <sup>LG</sup>, Carrots  
Apples, Mixed Fruit, Juice

**27**  
Country Chicken Bowl W/  
Dinner Roll  
Veggie Hummus Plate <sup>V</sup>  
Turkey & Cheese  
Sandwich  
Green Beans <sup>LG</sup>, Corn <sup>LG</sup>,  
Oranges, Peaches

**28**  
**National French Toast Day!**  
French Toast Sticks W/  
Sausage OR Eggs  
Veggie Hummus Plate <sup>V</sup>  
Turkey & Cheese Sandwich  
Butternut Squash <sup>LG</sup>, Mixed  
Veg <sup>LG</sup>  
Bananas, Applesauce

**29**  
Beef & Bean Nachos  
Veggie Hummus Plate <sup>V</sup>  
Turkey Sandwich  
Pinto Beans, Peas <sup>LG</sup>  
Pears, Applesauce

**30**  
Cheese Pizza <sup>V</sup>  
Veggie Hummus Plate <sup>V</sup>  
Turkey Sandwich  
Carrots, Garden Salad,  
Oranges, Juice

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's,  
Nutrition Education & Monthly Promotions  
Look out for our  
**Harvest of the Month** sampling!

Follow us on Facebook:  
LPSD-Food and Nutrition



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

Fresh Fruit offered daily  
Milk: Skim, 1% White

<sup>LG</sup> Locally Grown

**All students eat at no cost!**

<sup>V</sup> Vegetarian

**\*Menus are subject to change\***