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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
Soft Fish Sticks **V**
Chicken Broccoli Alfredo
Fruit & Cheese Plate
Turkey & Cheese Sandwich
Broccoli **LG**, Butternut Squash **LG**, Apples, Oranges

21
**Early Dismissal-
No lunch served.**

22
No School Thanksgiving Day

23
No School

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

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

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

29
Beef Nachos
Hot Dog
Antipasto Salad
Ham & Cheese Sandwich
Pinto Beans, Corn **LG**, Applesauce, Oranges

30
Cheese **V** & Vegetable Pizza
Chicken Caesar Kale Salad
Ham & Cheese Sandwich
Garden Salad, Carrots, Apples, Oranges
Juice

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!

Follow us on Facebook:
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