



Elementary School Lunch Menu October 2018

1
Chicken Nuggets W/ Dinner Roll
Ham & Turkey Chef Salad
Turkey & cheese Wrap
Broccoli^{LG}, Sweet Potato, Mixed Fruit, Juice

2
Pasta with Meat Sauce
Turkey & Cheese Wrap
Pear Yogurt Parfait^V
Green Beans^{LG}, Butternut Squash^{LG}
Oranges, Peaches
Harvest of the month- Pears!

3
Orange Chicken over Rice
Ham & Turkey Chef Salad
Turkey & Cheese Wrap
Kale^{LG}, Carrots
Applesauce, Bananas

4
Cheeseburger
Turkey Wrap
Pear Yogurt Parfait^V
Pinto Beans, Corn^{LG}, Pears, Applesauce
Harvest of the month- Pears!

5
Cheese Pizza^V
Pepperoni Pizza
Ham & Turkey Chef Salad
Peas^{LG}, Garden Salad
Oranges, Peaches
Juice

8
**No School
Columbus Day**

9
Country Chicken Bowl
W/Dinner Roll
Ham and Cheese Salad
Chicken Salad Sandwich
Kale^{LG}, Corn^{LG}
Oranges, Peaches

10
Loaded B. Potato
Fruit Salad Platter^V
Chicken Salad Sandwich
Butternut Squash^{LG}, Red Peppers, Bananas, Pears

11
Soft Beef Taco's
Ham and Cheese Salad
Chicken Salad Sandwich
Pinto Beans, Peas^{LG}
Pears, Apples

12
Cheese Pizza^V
Pepperoni Pizza
Fruit Salad Platter^V
Chicken Salad Sandwich
Broccoli^{LG}, Carrots
Oranges,
Juice

15
Popcorn Chicken W/ Broccoli & Rice
Chicken Caesar Salad
Ham & Cheese Sandwich
Corn^{LG}, Peas^{LG}, Apples, Mixed Fruit
Juice

16
French Toast Sticks W/ Sausage Patty OR Eggs
Ham & Cheese Sandwich
Chicken & Pear Bistro Salad
Mixed Veg^{LG}, Butternut Squash^{LG},
Oranges, Peaches

17
National Pasta Day
Cheesy Chicken Pasta
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Green Beans^{LG}, Bananas, Pears

18
Ham & Cheese Flatbread
Chicken & Pear Bistro Salad
Kale^{LG}, Bean Salad, Pears, Applesauce
Harvest of the month- Pears!

19
Cheese Pizza^V
Pepperoni Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Garden Salad, Carrots
Oranges, Apples
Juice

22
Cheese & Veggie Quesadilla^V
W/Dinner Roll
Veggie Hummus Plate^V
Turkey & cheese Sandwich
Broccoli^{LG}, Carrots
Apples, Mixed Fruit
Juice

23
Country Chicken Bowl
W/Dinner Roll
Ranch Chicken Salad
Turkey & Cheese Sandwich
Green Beans^{LG}, Corn^{LG},
Oranges, Peaches

24
Cheeseburger
Veggie Hummus Plate^V
Turkey & Cheese Sandwich
Butternut Squash^{LG}, Mixed Veg^{LG}
Bananas, Pears

25
Beef & Bean Nachos
Ranch Chicken Salad
Turkey & Cheese Sandwich
Pinto Beans, Peas^{LG}
Pears, Applesauce

26
Cheese Pizza^V
Pepperoni Pizza
Veggie Hummus Plate^V
Turkey Sandwich
Garden Salad,
Oranges,
Juice

29
Fish Sticks W/ Dinner Roll^V
Fruit Salad^V
Tuna Salad Sandwich^V
Corn^{LG}, Broccoli^{LG}
Apples, Mixed Fruit
Juice

30
Pancakes W/ Sausage OR Egg
Popcorn Chicken Salad
Tuna Salad Sandwich
Peas^{LG}, Butternut Squash^{LG},
Oranges, Peaches

31
Macaroni & Cheese^V
Fruit Salad Platter^V
Tuna Salad Sandwich
Carrots, Mixed Veg^{LG}
Bananas, Pears

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

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



Sun Butter & Jelly Offered Daily

Fresh Fruit offered daily
Milk: Skim, 1% White

^{LG} Locally Grown

All students eat at no cost!

^V Vegetarian

Menus are subject to change