



Pre K School Lunch Menu October 2018

<p>1 Chicken Nuggets W/ Dinner Roll Broccoli, Sweet Potato, Mixed Fruit,</p>	<p>2 Pear Yogurt Parfait ^V Green Beans ^{LG}, Harvest of the month- Pears!</p>	<p>3 Orange Chicken over Rice Turkey & Cheese Wrap Kale ^{LG}, Carrots Applesauce, Bananas</p>	<p>4 Yogurt cheese and Fruit Platter Pinto Beans, Corn ^{LG},</p>	<p>5 Cheese Pizza ^V Peas ^{LG}, Garden Salad Juice</p>
<p>8 No School Columbus Day</p>	<p>9 Country Chicken Bowl W/Dinner Roll Kale ^{LG}, Corn ^{LG} Peaches</p>	<p>10 Fruit Salad Platter ^V Butternut Squash ^{LG}, Red Peppers, Bananas, Pears</p>	<p>11 Soft Beef Taco's Pinto Beans, Peas ^{LG} Pears, Apples</p>	<p>12 Cheese Pizza ^V Broccoli ^{LG}, Carrots Oranges, Juice</p>
<p>15 Fruit and Cheese Platter Apples, Mixed Fruit Juice</p>	<p>16 French Toast Sticks W/ Sausage Patty OR Eggs Mixed Veg ^{LG}, Oranges, Peaches</p>	<p>17 National Pasta Day Cheesy Chicken Pasta Carrots, Green Beans ^{LG}, Bananas, Pears</p>	<p>18 Ham & Cheese Flatbread Kale ^{LG}, Bean Salad, Pears, Applesauce</p>	<p>19 Cheese Pizza ^V Garden Salad, Carrots Juice</p>
<p>22 Veggie Hummus Plate ^V Broccoli ^{LG}, Carrots Apples, Mixed Fruit Juice</p>	<p>23 Turkey & Cheese Sandwich Green Beans ^{LG}, Corn ^{LG}, Oranges, Peaches</p>	<p>24 Cheeseburger Butternut Squash ^{LG}, Mixed Veg ^{LG} Bananas, Pears</p>	<p>25 Beef & Bean Nachos Ranch Chicken Salad Turkey & Cheese Sandwich Pinto Beans, Peas ^{LG} Pears, Applesauce</p>	<p>26 Cheese Pizza ^V Garden Salad, Oranges, Juice</p>
<p>29 Fish Sticks W/ Dinner Roll ^V Corn ^{LG}, Broccoli ^{LG} Apples, Mixed Fruit</p>	<p>30 Pancakes W/ Sausage OR Egg Peas ^{LG}, Butternut Squash ^{LG}, Oranges, Peaches</p>	<p>31 Fruit Salad Platter ^V Carrots, Mixed Veg ^{LG} Bananas, Pears</p>		

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

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



Fresh Fruit offered daily
Milk: Skim, 1% White

All students eat at no cost!

Menus are subject to change

^{LG} Locally Grown

^V Vegetarian