

1
Pasta W/ Meat Sauce
Buffalo Chicken Salad
Sloppy Joe Sandwich
Chicken Salad Sandwich
Beans, Broccoli ^{LG},
Oranges, Mixed Fruit
Juice

2
Chicken Patty Sandwich
Meatball Calzone
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Green Beans ^{LG}, Butternut
Squash ^{LG}, Peaches,
Apples

3
Meatball Pizza Sub
Chicken Fajitas
Buffalo Chicken Salad
Chicken Salad Sandwich
Corn ^{LG}, Peas ^{LG}, Apples,
Oranges

4
Cheeseburger
BBQ Chicken Sandwich
Ham & Turkey Chef Salad
Chicken Salad Sandwich
Kale ^{LG}, Mixed Veg ^{LG},
Pears, Oranges

5
Cheese ^V & Pepperoni
Pizza
Buffalo Chicken Salad
Chicken Salad Sandwich
Garden Salad, Carrots,
Oranges, Apples
Juice

8
No School
Columbus Day

9
Chicken Parm Sandwich
Cheeseburger
Veggie Hummus Plate ^V
Tuna Salad Sandwich ^V
Broccoli ^{LG}, Green Beans
^{LG}, Oranges, Peaches

10
Beef Nachos
Chicken Nuggets W/ Roll
Ham Chef Salad
Tuna Salad Sandwich ^V
Pinto Beans, Peas ^{LG}, Apples,
Pears

11
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

12
Cheese ^V & Buffalo
Chicken Pizza
Ham Chef Salad
Tuna Salad Sandwich ^V
Garden Salad, Carrots,
Apples, Oranges
Juice

15
Sweet & Sour Chicken W/
Rice
Veggie Quesadilla
Bistro Chicken & Pear Salad
Turkey & Cheese Sandwich
Green Beans ^{LG}, Corn ^{LG},
Apples, Oranges
Juice

16
Atomic Burger
Chicken & Bean Burritos
Fruit & Cheese Plate ^V
Turkey & Cheese Sandwich
Broccoli ^{LG}, Butternut
Squash ^{LG}, Apples,
Bananas

17
Chicken & Bean Burritos
Mozzarella Sticks ^V
Bistro Chicken & Pear Salad
Turkey & Cheese Sandwich
Black Beans, Peas ^{LG},
Apples, Oranges
**Harvest of the
Month- Pears**

18
BBQ Chicken Sandwich
Fruit & Cheese Plate ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale ^{LG}, Mixed Veg ^{LG},
Applesauce, Oranges

19
Cheese ^V & BBQ chicken
and Pear Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Garden Salad, Carrots,
Apples, Pears
Juice
**Harvest of the
Month- Pears**

22
Grilled Cheese W/ Tomato
Soup ^V
Spicy Chicken Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Broccoli ^{LG}, Butternut Squash
^{LG}, Oranges, Mixed Fruit
Juice

23
Pasta W/ Meat Sauce
Crispy Chicken Tenders
Pasta Salad ^V
Ham & Cheese Sandwich
Green Beans ^{LG}, Celery,
Peaches, Oranges

24
Soft Fish Tacos
Bean & Cheese Quesadillas
Chicken Caesar Salad
Ham & Cheese Sandwich
Pinto Beans, Corn ^{LG},
Apples, Pears

25
Beef Nachos
Pasta Salad ^V
Ham & Cheese Sandwich
Cucumbers, Mixed Veg ^{LG},
Applesauce, Oranges


26
Cheese ^V & Vegetable
Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Garden Salad, Carrots,
Apples, Oranges
Juice

29
General Tso Chicken &
Vegetables W/ Rice
Fish Patty Sandwich ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli ^{LG}, Corn ^{LG}, Apples,
Oranges
Juice

30
Country Chicken Bowl W/ Roll
Chicken Fajitas
Yogurt Parfait ^V
Turkey & Cheese Sandwich
Kale ^{LG}, Mixed Veg ^{LG},
Apples, Peaches

31
Macaroni & Cheese ^V
Chicken & Salsa Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Peas ^{LG}, Butternut Squash ^{LG},
Oranges, Pears

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



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