

1

Chicken Nuggets W/ Dinner Roll  
Pear Yogurt Parfait <sup>V</sup>  
Turkey & cheese Wrap  
Broccoli <sup>LG</sup>, Sweet Potato, Apples, Mixed Fruit, Juice

2

Pasta with Meat Sauce  
Turkey & Cheese Wrap  
Pear Yogurt Parfait <sup>V</sup>  
Green Beans <sup>LG</sup>, Butternut Squash <sup>LG</sup>  
Oranges, Peaches  
**Harvest of the month- Pears!**

3

Orange Chicken over Rice  
Turkey & Cheese Wrap  
Pear Yogurt Parfait <sup>V</sup>  
Kale <sup>LG</sup>, Carrots  
Applesauce, Bananas

4

Cheeseburger  
Turkey Wrap  
Pear Yogurt Parfait <sup>V</sup>  
Pinto Beans, Corn <sup>LG</sup>, Pears, Applesauce  
**Harvest of the month- Pears!**

5

Cheese Pizza <sup>V</sup>  
Peas <sup>LG</sup>, Garden Salad  
Oranges, Peaches  
Juice

8

**No School  
Columbus Day**

9

Breakfast Flatbread  
Ham and Cheese Salad  
Chicken Salad Sandwich  
Kale <sup>LG</sup>, Corn <sup>LG</sup>  
Oranges, Peaches

10

Country Chicken Bowl  
W/Dinner Roll  
Ham and Cheese Salad  
Chicken Salad Sandwich  
Butternut Squash <sup>LG</sup>, Red Peppers, Bananas, Pears

11

Soft Beef Taco's  
Ham and Cheese Salad  
Chicken Salad Sandwich  
Ham and Cheese Salad  
Pinto Beans, Peas <sup>LG</sup>  
Pears, Apples

12

Cheese Pizza <sup>V</sup>  
Broccoli <sup>LG</sup>, Carrots  
Oranges,  
Juice

15

Popcorn Chicken W/ Broccoli & Rice  
Ham & Cheese Sandwich  
**Chicken & Pear Bistro Salad**  
Corn <sup>LG</sup>, Peas <sup>LG</sup>, Apples, Mixed Fruit  
Juice

16

French Toast Sticks W/  
Sausage Patty OR Eggs  
Ham & Cheese Sandwich  
**Chicken & Pear Bistro Salad**  
Mixed Veg <sup>LG</sup>, Butternut Squash <sup>LG</sup>,  
Oranges, Peaches

17

**National Pasta Day**  
Cheesy Chicken Pasta  
Ham & Cheese Sandwich  
**Chicken & Pear Bistro Salad**  
Carrots Green Beans <sup>LG</sup>,  
Bananas, Pears

18

Ham & Cheese Flatbread  
**Chicken & Pear Bistro Salad**  
Kale <sup>LG</sup>, Bean Salad,  
Pears, Applesauce  
**Harvest of the month- Pears!**

19

Cheese Pizza <sup>V</sup>  
Garden Salad, Carrots  
Oranges, Apples  
Juice

22

Cheese & Veggie  
Quesadilla <sup>V</sup>  
W/Dinner Roll  
Veggie Hummus Plate <sup>V</sup>  
Turkey & cheese Sandwich  
Broccoli <sup>LG</sup>, Carrots  
Apples, Mixed Fruit  
Juice

23

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

24

Cheeseburger  
Veggie Hummus Plate <sup>V</sup>  
Turkey & Cheese Sandwich  
Butternut Squash <sup>LG</sup>, Mixed Veg <sup>LG</sup>  
Bananas, Pears

25

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

26

Cheese Pizza <sup>V</sup>  
Garden Salad,  
Oranges,  
Juice

29

Pancakes W/ Sausage OR  
Egg  
Fruit Salad <sup>V</sup>  
Tuna Salad Sandwich <sup>V</sup>  
Corn <sup>LG</sup>, Broccoli <sup>LG</sup>  
Apples, Mixed Fruit  
Juice

30

Shepard's Pie  
Popcorn Chicken Salad  
Tuna Salad Sandwich  
Peas <sup>LG</sup>, Butternut Squash <sup>LG</sup>,  
Oranges, Peaches

31

Chicken Broccoli Alfredo  
Fruit Salad Platter <sup>V</sup>  
Tuna Salad Sandwich  
Carrots, Mixed Veg <sup>LG</sup>  
Bananas, Pears

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!



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

Fresh Fruit offered daily  
Milk: Skim, 1% White

<sup>LG</sup> Locally Grown

**All students eat at no cost!**

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

<sup>V</sup> Vegetarian