

**Welcome back!**

**29**  
Meatball Pizza Sub  
Crispy Chicken Tenders  
W/WG Roll  
Ham, Turkey Chef Salad  
Chicken Salad Sandwich  
Green Beans, Celery  
Bananas  
Apples

**30**  
Orange Chicken & Broccoli over Rice  
Steak & Cheese Sub  
Buffalo Chicken Salad  
Chicken Salad Sandwich  
Potatoes, Squash  
Bananas  
Grapes

**31**  
Chicken, Broccoli Alfredo  
Chicken & Cheese Flatbread  
Ham, Turkey Chef Salad  
Chicken Salad Sandwich  
Beans, Broccoli  
Apples  
Oranges

**1**  
**No School**

**4**  
**No School**  
**Labor Day**

**5**  
Chicken Parm Melt  
Chicken Fajita  
Hummus, Veggie & Cheese Plate  
Tuna Salad Sandwich  
Carrots, Cucumber s  
Oranges  
Apples

**6**  
Taco Nachos  
Fish Sandwich  
Ham Chef Salad  
Tuna Salad Sandwich  
Beans, Celery  
Bananas  
Apples<sup>LG</sup>

**7**  
French Toast W/ Eggs<sup>V</sup>  
OR Sausage  
Meatball Calzone  
Hummus, Veggie & Cheese Plate  
Tuna Salad Sandwich  
Butternut Squash, Potatoes  
Pears<sup>LG</sup>, Oranges

**8**  
Cheese Pizza<sup>V</sup>  
& Buffalo Chicken Pizza  
Ham Chef Salad  
Tuna Salad Sandwich  
Carrot Sticks<sup>LG</sup>, Side Salad  
Bananas  
Apples  
Juice

**11**  
Sweet & Sour Chicken over Rice  
Ranch Chicken Flatbread  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Potatoes, Broccoli  
Mixed Fruit  
Apples  
Juice

**12**  
Ham & Cheese Calzone  
Grilled Cheese Melt  
Fruit & Yogurt Parfait<sup>V</sup>  
Turkey & Cheese Sandwich  
Green Beans, Potatoes  
Oranges  
Apples<sup>LG</sup>

**13**  
Country Chicken Bowl  
W/WG Roll  
Cheeseburger  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
**Tomatoes**  
Potatoes  
Bananas, Apples  
**\*Harvest of The Month\* Tomatoes**

**14**  
Chicken Parm Melt  
Greek Chicken Flatbread  
Fruit & Yogurt Parfait<sup>V</sup>  
Turkey & Cheese Sandwich  
Beans, Celery  
Apples  
Watermelon<sup>LG</sup>

**15**  
Cheese Pizza<sup>V</sup>  
& White Pizza<sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Sweet Potatoes  
Side Salad  
Pears<sup>LG</sup>  
Apples  
Juice

**18**  
Tomato Soup with Grilled Cheese Melt  
Spicy Chicken Patty Sandwich  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Potatoes, Broccoli  
Apples  
Mixed Fruit  
Juice

**19**  
Pasta with Meat Sauce  
Crispy Chicken Tenders  
W/WG Roll  
Veggie Pasta Salad<sup>V</sup>  
Ham & Cheese Sandwich  
Celery, Green Beans  
Oranges  
Grapes

**20**  
Bacon Cheeseburger  
Bean & Cheese Quesadilla  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Red Peppers<sup>LG</sup>, Corn  
Bananas  
Apples

**21**  
Steak & Cheese Calzone  
Taco Nachos  
Veggie Pasta Salad<sup>V</sup>  
Ham & Cheese Sandwich  
Beans, Cucumbers<sup>LG</sup>  
Apples  
Oranges

**22**  
Cheese Pizza<sup>V</sup>  
& Vegetable Pizza  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Carrots, Side Salad  
Bananas  
Apples  
Juice

**25**  
General Tso's Chicken  
Fish Sandwich  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Green Beans, Carrots  
Apples  
Mixed Fruit  
Juice

**26**  
Cheeseburger  
Chicken Fajita  
Fruit, Cheese & Veggie Platter<sup>V</sup>  
Turkey & Cheese Sandwich  
Potatoes, Cucumbers  
Oranges  
Bananas

**27**  
Macaroni & Cheese<sup>V</sup>  
Chicken Salsa Melt  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Zucchini<sup>LG</sup>, Broccoli  
Apples  
Grapes

**28**  
Chicken Parm Flatbread  
Taco Nachos  
Fruit, Cheese & Veggie Platter<sup>V</sup>  
Turkey & Cheese Sandwich  
Beans, Corn  
Watermelon<sup>LG</sup>  
Oranges

**29**  
Cheese Pizza<sup>V</sup>  
Ranch Chicken Salad  
Turkey & Cheese Sandwich  
Carrot Sticks<sup>LG</sup>, Side Salad  
Bananas  
Apples  
Juice

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

Check out the new Farm to Schools site!  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)




**\*Sun Butter & Jelly offered daily\***  
Fresh Fruit offered daily  
Milk Options: Skim, Chocolate, 1% White

**All students eat at no cost!**

**\*Menu is Subject to Change\***

**LG** Locally Grown

**V** Vegetarian