



# K-8 Satellite School Lunch Menu August/September 2017

**Welcome  
Back!**

**29**  
Pasta with Meat Sauce  
Chicken Caesar Salad  
Turkey Wrap  
Green Beans, Red Peppers  
Oranges, Peaches

**30**  
Grilled Cheese Melt <sup>V</sup>  
Ham & Turkey Chef Salad  
Turkey Wrap  
Carrots, Zucchini  
Bananas, Pears

**31**  
Cheeseburger  
Chicken Caesar Salad  
Turkey Wrap  
Pinto Beans, Celery  
Pears, Applesauce

**No School**

**Labor Day  
No School**

**5**  
Country Chicken Bowl  
W/Dinner Roll  
Ranch Chicken Salad  
Chicken Salad Sandwich  
Cauliflower, Cucumber Slices  
Oranges, Peaches

**6**  
Crispy Chicken Tenders  
W/Dinner Roll  
Fruit Salad <sup>V</sup>  
Chicken Salad Sandwich  
**Tomatoes**, Celery  
Bananas, Pears

**7**  
Soft Beef Taco's  
Ranch Chicken Salad  
Chicken Salad Sandwich  
Pinto Beans, Carrots  
Pears, Applesauce

**8**  
Cheese Pizza <sup>V</sup>  
Pepperoni Pizza  
Side Salad  
Carrots  
Broccoli, Red Peppers  
Orange, Apples <sup>LG</sup>  
Juice

**\*Harvest of the Month\*  
Tomatoes**

**11**  
French Toast Sticks W/  
Sausage OR Eggs  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Corn, Broccoli  
Apples, Mixed Fruit

**12**  
Chicken Patty Sandwich  
Turkey & Cheese Salad  
Ham & Cheese Sandwich  
Green Beans, Carrots <sup>LG</sup>  
Oranges, Peaches

**13**  
Orange Chicken over Rice  
Chicken Caesar Salad  
Ham & Cheese Sandwich  
Sweet Potatoes, Zucchini  
Bananas, Pears <sup>LG</sup>

**14**  
Pasta with Chicken & Sauce  
Turkey & Cheese Salad  
Ham & Cheese Sandwich  
Black Beans, Celery  
Pears, Applesauce

**15**  
Cheese Pizza <sup>V</sup>  
Pepperoni Pizza  
Side Salad  
Carrots  
Tangerines, Apples <sup>LG</sup>  
Juice

**18**  
Cheese Quesadilla <sup>V</sup>  
W/Dinner Roll  
Hummus & Veggie Platter  
Turkey Sandwich  
Broccoli, Carrots  
Apples, Mixed Fruit

**19**  
Country Chicken Bowl  
W/Dinner Roll  
Ranch Chicken Salad  
Turkey Sandwich  
Carrots, Corn  
Oranges, Peaches

**20**  
Cheeseburger  
Hummus & Veggie Platter  
Ranch Sandwich  
Pinto Beans, Celery  
Bananas, Pears <sup>LG</sup>

**21**  
Beef & Bean Nachos  
Ranch Chicken Salad  
Turkey Sandwich  
Zucchini, Beans  
Pears, Applesauce

**22**  
Cheese Pizza <sup>V</sup>  
Pepperoni Pizza  
Side Salad  
Carrots  
Orange, Watermelon <sup>LG</sup>  
Juice

**25**  
Pancakes W/ Sausage  
or Eggs  
Fruit Salad  
Tuna Salad Sandwich  
Potatoes, Broccoli  
Apples, Mixed Fruit

**26**  
Fish Sticks  
W/Dinner Roll  
Popcorn Chicken Salad  
Tuna Salad Sandwich  
Green Beans, Red Peppers <sup>LG</sup>  
Oranges, Peaches

**27**  
Macaroni & Cheese <sup>V</sup>  
Fruit Salad  
Tuna Salad Sandwich  
Sweet Potatoes, Cucumbers <sup>LG</sup>  
Banana, Apples

**28**  
BBQ Chicken Sandwich  
Popcorn Chicken Salad  
Tuna Salad Sandwich  
Pinto Beans, Celery  
Pears, Applesauce

**29**  
Cheese Pizza <sup>V</sup>  
Pepperoni Pizza  
Side Salad  
Carrots  
Peaches, Pineapples  
Juice

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's,  
Nutrition Education & Monthly Promotions  
Check out our new website farm to school!  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

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



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

Fresh Fruit offered daily  
Milk: Skim, Chocolate, 1% White

**All students eat at no cost!**

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

<sup>LG</sup> Locally Grown

<sup>V</sup> Vegetarian