

Lowell High School Lunch Menu August/September 2017

28

**No
School**

29

Country Chicken Bowl
W/WG Roll
Chicken Fajita
BBQ Chicken Pizza
Carrots
Cucumbers
Oranges
Apples

30

Grilled Cheese &
Tomato Soup
Bean & Cheese Burrito
Meat Lover's Pizza
Beans
Celery
Bananas
Pears

31

Buffalo Chicken Nachos
Meatball Sub
Buffalo Chicken Pizza
Squash
Broccoli
Oranges
Apples

1

**No
School**

4

**No School
Labor Day**

5

General Tso Chicken
over Rice
Fish Sandwich
BBQ Chicken Pizza
Corn
Green Beans
Apples
Pears

6

Chili Cheese Dog
BBQ Chicken Cheddar
Flatbread
Hawaiian Pizza
Carrot Sticks
Corn
Grapes
Oranges

7

Taco Nachos
Bean & Cheese Quesadilla
Meat Lovers Pizza
Broccoli
Butternut Squash
Pears
Oranges

8

Shepherd's Pie W/WG Roll
Ham & Cheese Melt
White Pizza
Corn
Potatoes
Grapes
Apples
Juice

11

Chicken & Rice Bowl
Crispy Chicken Sandwich
Greek Pizza
Beans
Corn
Apples
Oranges
Juice

12

Chicken Parm over Pasta
Buffalo Chicken Sub
Buffalo Chicken Pizza
Corn
Green Beans
Oranges
Grapes

13

Chicken Broccoli Alfredo
Chicken Parm Flatbread
Spinach & Feta Pizza
Butternut Squash
Broccoli
Apples
Pears

14

Buffalo Chicken Nachos
Bean & Cheese Quesadilla
Meat Lovers Pizza
Broccoli
Cucumber Slices
Grapes
Oranges

15

BBQ Chicken over Rice
Meatball Sub
Greek Pizza
Green Beans
Carrots
Watermelon
Apples
Juice

18

Chicken Fajitas
Steak & Cheese Sub
Buffalo Chicken Pizza
Green Beans
Carrots
Grapes
Oranges
Juice

19

French Toast with Eggs
OR Sausage
Grilled Cheddar & Apple Melt
Meatball Pizza
Beans
Cucumber Slices
Apples
Grapes

20

Roasted Chicken & Gravy
W/ WG Roll
Chicken Parm Sub
BBQ Chicken Pizza
Corn
Potatoes
Grapes
Oranges

21

Taco Nachos
BBQ Chicken Flatbread
Vegetable Pizza
Tomato Salad
Carrots
Broccoli
Apples , Oranges
***Harvest of the month*
Tomatoes**

22

Chicken Parm with Pasta
Meatball Sub
Greek Pizza
Green Beans
Red Peppers
Grapes
Oranges
Juice

25

Chicken Broccoli Alfredo
Spicy Chicken Sandwich
Hawaiian Pizza
Sweet Potatoes
Corn
Apples
Pears
Juice

26

Chili Cheese Dog
Fish Sandwich
Buffalo Chicken Pizza
Corn
Green Beans
Grapes
Oranges

27

Orange Chicken w/ Broccoli
over Rice
Beef & Bean Quesadilla
Taco Pizza
Potatoes
Carrot Sticks
Bananas
Apples

28

Taco Nachos
Chicken & Cheese Burrito
Cheeseburger Pizza
Beans
Zucchini
Apples
Oranges

29

Veggie Lasagna
Ranch Chicken Flatbread
BBQ Chicken Pizza
Broccoli
Carrots
Oranges
Watermelon
Juice

Be sure to check out specials at our Grab & Go, Deli, Chopped, and Grill Stations!

Fresh Fruit & 100% Fruit Juice
Milk: Skim, FF Chocolate, 1% White

Daily Grill Offerings: Hamburger, Cheeseburger, Hot Dog,
Chicken Patty, Cheese & Pepperoni Pizza

*Look for our vegetarian selections daily at our Deli, Chopped &
Grab & Go stations!*

Menu is subject to change



All students eat at no cost!

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

Locally Grown

Also check out the farm to school website
www.lpsfarm2school.com

Vegetarian

Look out for our
Harvest of the Month sampling!



Prepay & review your students account: www.myschoolbucks.com