

**Welcome
back!**

29
Meatball Pizza Sub
Crispy Chicken Tenders
W/WG Roll
Ham, Turkey Chef Salad
Ham & Cheese Sandwich
Broccoli, Celery
Bananas
Apples

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

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

No School

**No School
Labor Day**

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

6
Taco Nachos
Fish Sandwich
Ham Chef Salad
Tuna Salad Sandwich
Carrots, Celery
Bananas
Apples^{LG}

7
French Toast W/ Eggs^V
OR Sausage
Meatball Calzone
Hummus, Veggie & Cheese
Plate
Tuna Salad Sandwich
Carrot Sticks^{LG}, Beans
Pears^{LG}, Oranges

8
Cheese Pizza^V
& Buffalo Chicken Pizza
Ham Chef Salad
Tuna Salad Sandwich
Red Peppers, Side Salad
Bananas
Apples
Juice

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

12
Ham & Cheese Calzone
Grilled Cheese Melt
Fruit & Yogurt Parfait^V
Turkey & Cheese Sandwich
Green Beans, Potatoes
Oranges
Apples^{LG}

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^V
Turkey & Cheese Sandwich
Beans, Celery
Apples
Watermelon^{LG}

15
Cheese Pizza^V
& White Pizza^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli
Side Salad
Pears^{LG}
Apples
Juice

18
Chicken Fajita
Spicy Chicken Patty Sandwich
Chicken Caesar Salad
Ham & Cheese Sandwich
Potatoes, Green Beans
Apples
Mixed Fruit
Juice

19
Pasta with Meat Sauce
Crispy Chicken Tenders
W/WG Roll
Veggie Pasta Salad^V
Ham & Cheese Sandwich
Carrots, Potatoes
Oranges
Grapes

20
Bacon Cheeseburger
Bean & Cheese Quesadilla
Chicken Caesar Salad
Ham & Cheese Sandwich
Red Peppers^{LG}, Corn
Bananas
Apples

21
Steak & Cheese Calzone
Taco Nachos
Veggie Pasta Salad^V
Ham & Cheese Sandwich
Beans, Carrots
Apples
Oranges

22
Cheese Pizza^V
& Vegetable Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Cucumbers^{LG}, Side Salad
Bananas
Apples
Juice

25
General Tso's Chicken
Fish Sandwich
Ranch Chicken Salad
Turkey & Cheese Sandwich
Corn, Broccoli
Apples
Mixed Fruit
Juice

26
Cheeseburger
Chicken Fajita
Fruit, Cheese & Veggie
Platter^V
Turkey & Cheese Sandwich
Potatoes, Cucumbers
Oranges
Bananas

27
Macaroni & Cheese^V
Chicken Salsa Melt
Ranch Chicken Salad
Turkey & Cheese Sandwich
Zucchini^{LG}, Carrots
Apples
Grapes

28
Chicken Parm Flatbread
Taco Nachos
Fruit, Cheese & Veggie
Platter^V
Turkey & Cheese Sandwich
Beans, Corn
Watermelon^{LG}
Oranges

29
Cheese Pizza^V
Pepperoni Pizza
Ranch Chicken Salad
Turkey & Cheese Sandwich
Carrot Sticks^{LG}, Side Salad
Bananas
Apples
Juice

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

Check out the new Farm to Schools site!
www.lpsfarm2school.com



Sun Butter & Jelly offered daily

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

LG Locally Grown

All students eat at no cost!

V Vegetarian

Menu is Subject to Change