



Satellite High 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 ^V
Ham & Turkey Chef Salad
Turkey Wrap
Carrots, Zucchini
Bananas, Pears

31

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

1

No School

4

**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 ^V
Chicken Salad Sandwich
Tomatoes, Celery
Bananas, Pears

***Harvest of the Month*
Tomatoes**

7

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

8

Cheese Pizza ^V
Pepperoni Pizza
Fruit Salad ^V
Chicken Salad Sandwich
Broccoli, Red Peppers
Orange, Apples ^{LG}
Juice

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 ^{LG}
Oranges, Peaches

13

Orange Chicken over Rice
Chicken Caesar Salad
Ham & Cheese Sandwich
Sweet Potatoes, Zucchini
Bananas, Pears ^{LG}

14

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

15

Cheese Pizza ^V
Pepperoni Pizza
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Broccoli
Tangerines, Apples ^{LG}
Juice

18

Cheese Quesadilla ^V
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, Celery
Oranges, Peaches

20

Cheeseburger
Hummus & Veggie Platter
Ranch Sandwich
Pinto Beans, Celery
Bananas, Pears ^{LG}

21

Beef & Bean Nachos
Ranch Chicken Salad
Turkey Sandwich
Zucchini, Carrots
Pears, Applesauce

22

Cheese Pizza ^V
Pepperoni Pizza
Hummus & Veggie Plate
Turkey Sandwich
Cucumbers, Garden Salad
Orange, Watermelon ^{LG}
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 ^{LG}
Oranges, Peaches

27

Macaroni & Cheese ^V
Fruit Salad
Tuna Salad Sandwich
Sweet Potatoes, Cucumbers ^{LG}
Banana, Apples

28

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

29

Cheese Pizza ^V
Pepperoni Pizza
Fruit Salad
Tuna Salad Sandwich
Carrots, Garden Salad
Peaches, Pineapples
Juice

Check out www.lowell.schooldish.com for Menu's,
Nutrition Education & Monthly Promotions
Check out our new website farm to school!
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

^{LG} Locally Grown

^V Vegetarian