



# High School Satellite Lunch Menu January 2018

**1**

**New Year's Day**

**No School**

**2**

Popcorn Chicken  
Chicken Ranch Salad  
Turkey & Cheese Sandwich  
Carrots, Green beans  
Oranges, Apples

**3**

French Toast w/ Eggs <sup>V</sup>  
OR Sausage  
Chicken Ranch Salad  
Turkey & Cheese Sandwich  
Broccoli <sup>LG</sup>, Tator tots  
Bananas, Pears

**4**

Sloppy Joes on a Bun  
Chicken Ranch Salad  
Turkey & Cheese Sandwich  
Green Beans <sup>LG</sup>  
Carrots <sup>LG</sup>  
Apples, Pears

**5**

Cheese Pizza <sup>V</sup>  
Side Salad, Corn <sup>LG</sup>  
Apples, Oranges, Juice

**8**

Pancakes W/ Eggs <sup>V</sup>  
OR Sausage  
Fruit Salad <sup>V</sup>  
Chicken Salad Sandwich  
Potatoes, Broccoli <sup>LG</sup>  
Apples, Raisins  
Juice

**9**

Chicken Nuggets  
W/Dinner Roll  
Fruit Salad <sup>V</sup>  
Chicken Salad Sandwich  
Mixed Vegetables <sup>LG</sup>,  
Butternut Squash <sup>LG</sup>  
Oranges, Apples

**10**

Cheeseburger  
Fruit Salad <sup>V</sup>  
Chicken Salad Sandwich  
**Ham, Spinach, Apple Wrap**  
Corn <sup>LG</sup> Green Beans  
Banana, Apples <sup>LG</sup>  
**\*Harvest of The Month\*  
Apples**

**11**

BBQ Chicken Sandwich  
Fruit salad <sup>V</sup>  
Chicken Salad Sandwich  
Pinto Beans, Kale <sup>LG</sup>  
Pears, Applesauce

**12**

Cheese Pizza <sup>V</sup>  
Side Salad, Carrots <sup>LG</sup>  
Banana, Apples  
Juice

**15**

**Martin Luther King Jr.  
Day**

**No School**

**16**

Chicken Nuggets W/ Roll  
Chicken Caesar Salad  
Turkey & Cheese Wrap  
Mixed Vegetables <sup>LG</sup>  
Broccoli <sup>LG</sup>  
Bananas, Pears

**17**

Pasta with Meat Sauce  
**\*Li'l' Italy Chicken Bowl**  
Chicken Caesar Salad  
Turkey & Cheese Wrap  
Green Beans, Kale <sup>LG</sup>  
Oranges, Banana  
**\*Fuel Up Promotion\***

**18**

Cheeseburger  
Chicken Caesar Salad  
Turkey & Cheese Wrap  
Pinto Beans, Potatoes <sup>LG</sup>  
Pears, Apples <sup>LG</sup>

**19**

Cheese Pizza <sup>V</sup>  
Corn <sup>LG</sup>, Peas <sup>LG</sup>  
Oranges, Apples  
Juice

**22**

Crispy Chicken Tenders  
W/Dinner Roll  
Fruit and Cheese Platter <sup>V</sup>  
Chicken Salad Sandwich  
Butternut Squash <sup>LG</sup>  
Green Beans <sup>LG</sup>  
Bananas, Pears  
Juice

**23**

Ham and Cheese Flatbread  
Fruit and Cheese Platter <sup>V</sup>  
Chicken Salad Sandwich  
Tater Tots  
Mixed Vegetables <sup>LG</sup>  
Apples  
Banana

**24**

Country Chicken Bowl  
W/Dinner Roll  
**\*N'awlins Spicy Wrap**  
Fruit and Cheese Platter <sup>V</sup>  
Chicken Salad Sandwich  
Kale <sup>LG</sup>, Peas <sup>LG</sup>  
Oranges, Banana  
**\*Fuel Up Promotion\***

**25**

Soft Beef Taco's  
Fruit and Cheese Platter <sup>V</sup>  
Chicken Salad Sandwich  
Pinto Beans, Corn <sup>LG</sup>  
Pears, Apples <sup>LG</sup>

**26**

Cheese Pizza <sup>V</sup>  
Side Salad, Carrots <sup>LG</sup>  
Carrot sticks, Broccoli <sup>LG</sup>  
Orange, Apple  
Juice

**29**

Chicken Patty Sandwich  
Turkey & Cheese Salad  
Ham & Cheese Sandwich  
Green Beans <sup>LG</sup>  
Carrots  
Oranges, Apples  
Juice

**30**

French Toast W/ Egg <sup>V</sup>  
OR Sausage  
Turkey & Cheese Salad  
Ham & Cheese Sandwich  
Kale <sup>LG</sup>, Corn <sup>LG</sup>  
Apples, Pears

**31**

Orange Chicken  
W/ Broccoli & Rice  
Turkey & Cheese salad  
Ham & Cheese Sandwich  
Butternut Squash, Broccoli <sup>LG</sup>  
Oranges, Bananas

**1**

Pasta with Sauce & Cheese  
Turkey & Cheese Salad  
Ham & Cheese Sandwich  
Black Beans, Peas <sup>LG</sup>  
Pears, Apples

**2**

Cheese Pizza <sup>V</sup>  
Side Salad, Carrots  
Mixed Vegetable <sup>LG</sup>  
Orange, Apples  
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 Breads/Wraps are Whole Grain  
All students eat at no cost!

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

<sup>LG</sup> Locally Grown

<sup>V</sup> Vegetarian