



# Lowell High School Lunch Menu January 2018

1

**New Year's Day**  
**No School**

2

French Toast W/ Eggs <sup>V</sup>  
OR Sausage  
Grilled Cheddar &  
Apple Melt  
Meatball Pizza  
Carrots, Green Beans <sup>LG</sup>  
Apples

3

Chicken & Gravy  
W/ WG Roll  
Chicken Parm Sub  
BBQ Chicken Pizza  
Corn, Potatoes <sup>LG</sup>  
Grapes, Oranges

4

Taco Nachos  
BBQ Chicken Flatbread  
Vegetable Pizza  
Pinto Beans, Broccoli <sup>LG</sup>  
Apples, Oranges

5

Chicken Parm W/ Pasta  
Meatball Sub  
Greek Pizza  
Kale, Butternut Squash <sup>LG</sup>  
Grapes, Oranges  
Juice

8

Chicken Broccoli Alfredo  
Spicy Chicken Sandwich  
Hawaiian Pizza  
Broccoli, Peas <sup>LG</sup>  
Apples, Pears  
Juice

9

Chili Cheese Dog  
Fish Sandwich  
Buffalo Chicken Pizza  
Corn, Green Beans <sup>LG</sup>  
Grapes, Oranges

10

Orange Chicken w/ Broccoli  
over Rice  
Beef & Bean Quesadilla  
Taco Pizza  
**Ham, Spinach, Apple Wrap**  
Potatoes, Butternut Squash <sup>LG</sup>  
Bananas, Apples  
**\*Harvest of The Month\***  
**Apples**

11

Taco Nachos  
Chicken & Cheese Burrito  
Cheeseburger Pizza  
Black Beans  
Mixed Vegetables <sup>LG</sup>  
Apples <sup>LG</sup> Oranges

12

Baked Potato Bar  
Ranch Chicken Flatbread  
BBQ Chicken Pizza  
Kale, Carrot Sticks <sup>LG</sup>  
Oranges, Pears  
Juice

15

**Martin Luther King  
Jr. Day**  
**No School**

16

Country Chicken Bowl  
W/WG Roll  
Chicken & Bean Burrito  
BBQ Chicken Pizza  
Carrots, Kale <sup>LG</sup>  
Oranges, Apples

17

Grilled Cheese & <sup>V</sup>  
Tomato Soup <sup>V</sup>  
**\*Lil' Italy Chicken Bowl**  
Meat Lover's Pizza  
Green Beans, Peas <sup>LG</sup>  
Bananas, Pears  
**\*Fuel Up Promotion\***

18

Taco Nachos  
Meatball Sub  
Buffalo Chicken Pizza  
Pinto Beans, Corn <sup>LG</sup>  
Oranges, Apples <sup>LG</sup>

19

Buffalo Chicken Flatbread  
Fish Tacos  
Tomato & Herb White Pizza  
Broccoli, Butternut Squash <sup>LG</sup>  
Mixed Fruit, Bananas  
Juice

22

Cheeseburger  
Beef Quesadilla  
Buffalo Chicken Calzone  
Sausage Pizza  
Butternut Squash <sup>LG</sup>  
Carrots  
Grapes, Mixed Fruit  
Juice

23

General Tso Chicken  
Over Rice  
Fish Sandwich  
BBQ Chicken Pizza  
Corn, Kale <sup>LG</sup>  
Apples, Pears

24

Chili Cheese Dog  
**\*N'awlins Spicy Wrap**  
Hawaiian Pizza  
Pinto Beans, Peas <sup>LG</sup>  
Grapes, Oranges  
**\*Fuel Up Promotion\***

25

Taco Nachos  
Bean & Cheese Quesadilla <sup>V</sup>  
Meat Lovers Pizza  
Mixed Vegetable <sup>LG</sup>  
Potatoes <sup>LG</sup>  
Pears, Oranges

26

Baked Potato Bar  
Ham & Cheese Melt  
White Pizza <sup>V</sup>  
Green Beans, Broccoli <sup>LG</sup>  
Grapes, Apples  
Juice

29

Sloppy Joe Sandwich  
Crispy Chicken Sandwich  
Greek Pizza <sup>V</sup>  
Green Beans, Corn <sup>LG</sup>  
Apples, Oranges  
Juice

30

Chicken Parm W/ Pasta  
Buffalo Chicken Sub  
Buffalo Chicken Pizza  
Kale <sup>LG</sup>, Mixed Vegetable <sup>LG</sup>  
Oranges, Grapes

31

Chicken Broccoli Alfredo  
BBQ Chicken Flatbread  
Spinach & Feta Pizza <sup>V</sup>  
Butternut Squash, Broccoli <sup>LG</sup>  
Apples, Pears

1

Taco Nachos  
Bean & Cheese Quesadilla <sup>V</sup>  
Meat Lover's Pizza  
Peas <sup>LG</sup>, Pinto Beans  
Grapes, Oranges

2

Orange Chicken Over Rice  
Meatball Sub  
Greek Pizza <sup>V</sup>  
Green Beans <sup>LG</sup>, Carrots  
Grapes, Oranges  
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  
All Breads/Wraps are Whole Grain

**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!*



**All students eat at no cost!**

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition  
Education & Monthly Promotions!

<sup>LG</sup> **Locally Grown**

Also check out the farm to school website  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

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



<sup>V</sup> **Vegetarian**

Prepay & review your students account: [www.myschoolbucks.com](http://www.myschoolbucks.com)