

1
New Year's Day

No School

2
Pasta W/ Meat Sauce
Chicken Tenders
Macaroni Vegetable Salad
Ham & Cheese Sandwich
Green Beans
Mashed Potatoes
Peaches, Oranges

3
Bacon Cheeseburger
Bean Quesadilla
Chicken Caesar Salad
Ham & Cheese Salad
Corn, Zucchini
Pears, Apples

4
Meatball Calzones
Beef Nachos
Macaroni Vegetable Salad
Ham & Cheese Sandwich
Pinto Beans, Cucumbers
Applesauce, Oranges

5
Cheese Pizza ^V
Vegetable Pizza ^V
Chicken Caesar Salad
Ham & Cheese Sandwich
Carrots, Kale ^{LG}
Apples, Oranges
Juice

8
General Tso's Chicken
Fish Sandwich
Ranch Chicken Salad
Turkey & Cheese Sandwich
Broccoli ^{LG}, Potato
Apples, Oranges
Juice

9
Chicken Fajita
Sloppy Joe Sandwiches
Fruit, Cheese & Veggie
Platter ^V
Turkey & Cheese Sandwich
Carrots, Corn ^{LG}
Oranges, Apples

10
Macaroni & Cheese ^V
Chicken Salsa Melt
Ham, Spinach, Apple Wrap
Ranch Chicken Salad
Turkey & Cheese Sandwich
Kale, Peas ^{LG}
Oranges, Apples ^{LG}
***Harvest of The Month*
Apples**

11
Chicken Parm Flatbread
Taco Nachos
Fruit, Cheese & Veggie
Platter ^V
Turkey & Cheese Sandwich
Beans, Mixed Vegetables ^{LG}
Applesauce, Oranges

12
Cheese Pizza ^V
Ranch Chicken Salad
Turkey & Cheese Sandwich
Butternut Squash ^{LG}
Green Beans
Oranges, Apples ^{LG}
Juice

15
**Martin Luther King Jr.
Day**

No School

16
Chicken Patty Sandwich
Cheeseburger
Ham, Turkey Chef Salad
Chicken Salad Sandwich
Green Beans,
Butternut Squash ^{LG}
Peaches, Apples

17
Meatball Pizza Sub
***Lil' Italy Chicken Bowl**
Buffalo Chicken Salad
Chicken Salad Sandwich
Carrots ^{LG}, Corn
Oranges, Apples ^{LG}
Fuel Up Promotion

18
Chicken, Broccoli Alfredo
Chicken & Cheese Flatbread
Ham, Turkey Chef Salad
Chicken Salad Sandwich
Mixed Vegetables ^{LG}
Broccoli ^{LG}
Applesauce, Oranges

19
Cheese Pizza ^V
& Pepperoni Pizza
Buffalo Chicken Salad
Chicken Salad Sandwich
Peas ^{LG}, Yellow Potatoes
Oranges, Apples ^{LG}
Juice

22
Pasta W/ Sauce ^V
Chicken Patty Sandwich
Tuna Sandwich
Kale ^{LG}, Carrots
Mixed Fruit, Apples,
Juice

23
Chicken Parm Melt
Cheeseburger
Hummus & Veggie Platter ^V
Tuna Salad Sandwich
Broccoli ^{LG}, Green Beans ^{LG}
Apples, Oranges

24
***N'awlins Spicy Wrap**
Baked Potato ^V
Ham Chef Salad
Tuna Salad Sandwich
Corn ^{LG}, Pinto Beans
Apples ^{LG}, Oranges
Fuel Up Promotion

25
French Toast W/ Eggs ^V
OR Sausage
Meatball Calzone
Hummus & Veggie Platter ^V
Tuna Salad Sandwich
Potatoes
Mixed Vegetables ^{LG}
Applesauce, Oranges

26
Cheese Pizza ^V
& Buffalo Chicken Pizza
Ham Chef Salad
Tuna Salad Sandwich
Peas ^{LG}
Side Salad
Apples ^{LG}, Oranges
Juice

29
Sweet & Sour Chicken
Over Rice
Ranch Chicken Flatbread
Ranch Chicken Salad
Turkey & Cheese Sandwich
Carrots, Broccoli ^{LG}
Apples, Oranges
Juice

30
Ham & Cheese Calzone
Steak and Cheese Sub
Turkey & Cheese Sandwich
Green Beans ^{LG}, Potatoes
Apples, Oranges

31
Hamburgers
Chicken & Bean Burrito
Ranch Chicken Salad
Turkey & Cheese Sandwich
Corn, Butternut Squash ^{LG}
Oranges, Apples

1
Chicken Parm Melt
Greek Chicken Flatbread
Turkey & Cheese Sandwich
Black Beans, Peas ^{LG}
Applesauce, Apples

2
Cheese Pizza ^V
White Pizza ^V
Chicken Ranch Salad
Turkey & Cheese Sandwich
Kale, Mixed Vegetables ^{LG}
Oranges, 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



FarmLogix
Seeds of Technology

Sun Butter & Jelly offered daily
Fresh Fruit offered daily
Milk Options: Skim, Chocolate, 1% White
All Breads/Wraps are Whole Grain
All students eat at no cost!

Menu is Subject to Change

LG Locally Grown
V Vegetarian