



K-8 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 ^V
OR Sausage
Chicken Ranch Salad
Turkey & Cheese Sandwich
Broccoli ^{LG}, Tator tots
Bananas, Pears

4

Sloppy Joes on a Bun
Chicken Ranch Salad
Turkey & Cheese Sandwich
Green Beans ^{LG}
Carrots ^{LG}
Apples, Pears

5

Cheese Pizza ^V
Side Salad, Corn ^{LG}
Apples, Oranges, Juice

8

Pancakes W/ Eggs ^V
OR Sausage
Fruit Salad ^V
Chicken Salad Sandwich
Potatoes, Broccoli ^{LG}
Apples, Raisins
Juice

9

Chicken Nuggets
W/Dinner Roll
Fruit Salad ^V
Chicken Salad Sandwich
Mixed Vegetables ^{LG},
Butternut Squash ^{LG}
Oranges, Apples

10

Cheeseburger
Fruit Salad ^V
Chicken Salad Sandwich
Ham, Spinach, Apple Wrap
Corn ^{LG} Green Beans
Banana, Apples ^{LG}
***Harvest of The Month*
Apples**

11

BBQ Chicken Sandwich
Fruit salad ^V
Chicken Salad Sandwich
Pinto Beans, Kale ^{LG}
Pears, Applesauce

12

Cheese Pizza ^V
Side Salad, Carrots ^{LG}
Banana, Apples
Juice

15

**Martin Luther King Jr.
Day**

No School

16

Chicken Nuggets W/ Roll
Chicken Caesar Salad
Turkey & Cheese Wrap
Mixed Vegetables ^{LG}
Broccoli ^{LG}
Bananas, Pears

17

Pasta with Meat Sauce
***Li' Italy Chicken Bowl**
Chicken Caesar Salad
Turkey & Cheese Wrap
Green Beans, Kale ^{LG}
Oranges, Banana
Fuel Up Promotion

18

Cheeseburger
Chicken Caesar Salad
Turkey & Cheese Wrap
Pinto Beans, Potatoes ^{LG}
Pears, Apples ^{LG}

19

Cheese Pizza ^V
Corn ^{LG}, Peas ^{LG}
Oranges, Apples
Juice

22

Crispy Chicken Tenders
W/Dinner Roll
Fruit and Cheese Platter ^V
Chicken Salad Sandwich
Butternut Squash ^{LG}
Green Beans ^{LG}
Bananas, Pears
Juice

23

Ham and Cheese Flatbread
Fruit and Cheese Platter ^V
Chicken Salad Sandwich
Tater Tots
Mixed Vegetables ^{LG}
Apples
Banana

24

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

25

Soft Beef Taco's
Fruit and Cheese Platter ^V
Chicken Salad Sandwich
Pinto Beans, Corn ^{LG}
Pears, Apples ^{LG}

26

Cheese Pizza ^V
Side Salad, Carrots ^{LG}
Carrot sticks, Broccoli ^{LG}
Orange, Apple
Juice

29

Chicken Patty Sandwich
Turkey & Cheese Salad
Ham & Cheese Sandwich
Green Beans ^{LG}
Carrots
Oranges, Apples
Juice

30

French Toast W/ Egg ^V
OR Sausage
Turkey & Cheese Salad
Ham & Cheese Sandwich
Kale ^{LG}, Corn ^{LG}
Apples, Pears

31

Orange Chicken
W/ Broccoli & Rice
Turkey & Cheese salad
Ham & Cheese Sandwich
Butternut Squash, Broccoli ^{LG}
Oranges, Bananas

1

Pasta with Sauce & Cheese
Turkey & Cheese Salad
Ham & Cheese Sandwich
Black Beans, Peas ^{LG}
Pears, Apples

2

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

Menus are subject to change

^{LG} Locally Grown

^V Vegetarian