

Salad of the Week: **Harvest Grain Bowl Salad** with Balsamic Vinaigrette

Sandwich of the Week: **Chicken Caesar Wrap** 

**Daily Serves:** 

**MYO Salads and Bowls** 

Grab N' Go Salads

Grab N' Go Parfait

**Crispy Chicken Sandwich** Hamburger/Cheeseburger, Veggie Burger

**Grill Station** 

The Rotating Quick Bite Station - Yogurt Bar!

Powering potential.

Our menu consists of Whole Grains, Fresh Fruits and Vegetables. Students must take a Fruit and/or Vegetable with each lunch.

Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.

opportunity provider and employer.

**Breakfast and Lunch are Free for all Students!** 

All meals are served with the Option of Milk.



## August 2025

### LOWELL HIGH SCHOOL **LUNCH MENU**

Week 1: August 25-29

#### **MONDAY**

### **NO SCHOOL!**

#### **WEDNESDAY**

Penne Pasta w/ Marinara Sauce V

Spicy Chicken Flatbread

**Broccoli & Carrots LG Bananas & Berry Cups** 

Penne Pasta w/ Bolognese Sauce

**Red Pepper Hummus Platter** 

#### **FRIDAY**

### NO SCHOOL!

**Happy Labor Day** Weekend!

#### **TUESDAY**

**Turkey Barbacoa Taco** Kickin' Bean Taco V

Pretzel & Cheese Platter **Philly Chicken Cheesesteak** 

Fiesta Corn & Carrots LG **Oranges & Apples** 

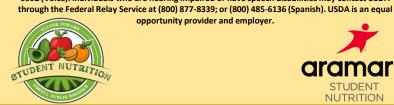
#### **THURSDAY**

Beef & Broccoli w/ Rice General Tso Tofu w/ Rice

**Pretzel & Cheese Platter Chicken Tender Basket** 

**Roasted Potatoes & Celery Pears & Fresh Fruit Cups** 







Salad of the Week: Southwest Chicken Salad w/ Tortilla Chips & Jalapeno Salsa Ranch

Sandwich of the Week: Chipotle Chickpea Sub



**MONDAY** 

HIGH

# **NO SCHOOL!**Happy Labor Day!

#### **WEDNESDAY**

Chicken Broccoli Alfredo Pasta Broccoli Alfredo Pasta

Fruit & Yogurt Platter Fish Tacos

Roasted Broccoli & Carrots LG Bannas & Berry Cups

#### **FRIDAY**

Chicken Drumstick w/ Dinner Roll
Veggie Nuggets w/ Dinner Roll

Fruit & Yogurt Platter
Italian Melt

Red Pepper Strips & Side Salad Apples & Bananas

## September 2025

# LUNCH MENU

Week 1: September 1-5

#### **TUESDAY**

**Arroz con Pollo** 

Pizza Platter Meatball Sub

Kickin' Beans & Carrots
Oranges & Apples

#### **THURSDAY**

Chili Garlic Popcorn Chicken w/ Lo Mein Chili Garlic Veggie Nugget w/ Lo Mein V

Pizza Platter
Nashville Hot Chicken

Green Beans & Tater Tots Pears & Fresh Fruit Cups

All Lunches Must Include
Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

#### **Daily Serves:**

MYO Salads and Bowls
Grab N' Go Salads
Grab N' Go Parfait
Crispy Chicken Sandwich
Hamburger/Cheeseburger, Veggie Burger
Grill Station
The Rotating Quick Bite Station – Yogurt Bar!

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\*Menus are subject to change.

V = Vegetarian | LG = Locally Grown LTO = Limited Time Offer | HOTM = Harvest of the Month

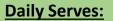
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Weekly Special: Salad of the Week:
Summer Berry Salad w/
Chicken and Raspberry
Vinaigrette

Sandwich of the Week: Turkey Club Wrap



MYO Salads and Bowls
Grab N' Go Salads
Grab N' Go Parfait
Crispy Chicken Sandwich
Hamburger/Cheeseburger, Veggie Burger
Grill Station
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#### **MONDAY**

SCHOOL

French Toast with Chicken Sausage French Toast with Vegetarian Sausage

Fruit & Yogurt Platter
Sausage Egg & Cheese Melt

Tater tots & Hot Honey Carrot Fries Apples & Pears

#### **WEDNESDAY**

Chicken Parmesan Pasta Pasta with Sauce & Cheese

Fruit & Yogurt Platter Fish Po Boy

Broccoli & Roasted Butternut Squash
Bannas & Berry Cups

#### **FRIDAY**

Tomato Soup with Bosco Cheese Sticks

Fruit & Yogurt Platter BBQ Chicken Flatbread

Red Pepper Strips & Side Salad LG
Apples & Bananas

## September 2025

# LUNCH MENU

Week 2: September 8-12



NO SCHOOL!
Election Day

### **THURSDAY**

Loaded Baked Potato with Dinner Roll
Broccoli & Cheese Baked Potato with
Dinner Roll

Red Pepper Hummus Platter Chicken Tenders Basket

Oven Roasted Chickpeas & Carrots LG
Peaches LG & Fresh Fruit Cups



Weekly Special: Salad of the Week: Chicken Bacon & Ranch Salad

Sandwich of the Week:
Italian Deli on Whole Wheat
Tortilla w/ Provolone

#### **Daily Serves:**

MYO Salads and Bowls
Grab N' Go Salads
Grab N' Go Parfait
Crispy Chicken Sandwich
Hamburger/Cheeseburger, Veggie Burger
Grill Station
The Rotating Quick Bite Station – Yogurt Bar!

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HIGH SCHOOL



## September 2025

# LUNCH MENU

Week 3: September 15-19

#### **MONDAY**

Mini Maple Pancakes with Colby Cheddar Omelet

Pizza Platter
Sausage Egg & Cheese Melt

Broccoli & Carrots LG
Apples & Pears

### **WEDNESDAY**

Shepherd's Pie with Dinner Roll
Mashed Potato, Corn & Veggie Nuggets with
Dinner Roll

Pizza Platter Fish Po Boy

Corn & Roasted Cauliflower Bannas & Berry Cups

#### **FRIDAY**

Buffalo Chicken Mac & Cheese Buffalo Mac & Cheese

> Pizza Platter BBQ Chicken Flatbread

Red Pepper Strips & Caprese Salad HOTM LG
Apples & Bananas

### TUESDAY

Fajita Chicken Flatbread LTO Vegetable Fajita Flatbread LTO

> Yogurt Dip Platter Steak and Cheese Sub

Roasted Chickpeas and Cucumbers
Oranges & Apples

#### **THURSDAY**

Black Bean, Pork and Plantain Rice Bowl Black Bean and Plantain Rice Bowl

Yogurt Dip Platter Chicken Tenders Basket

Green Beans & Carrots LG
Pears & Fresh Fruit Cups



Salad of the Week: **Asian Chicken Salad with** Whole Wheat Flatbread

Sandwich of the Week: **Vegetable Wrap** 



#### **Daily Serves:**

**MYO Salads and Bowls** Grab N' Go Salads Grab N' Go Parfait Crispy Chicken Sandwich Hamburger/Cheeseburger, Veggie Burger **Grill Station** The Rotating Quick Bite Station - Yogurt Bar!

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## September 2025

#### **LOWELL HIGH SCHOOL LUNCH MENU**

Week 4: September 22-26

#### **MONDAY**

HIGH SCHOOL

**Chicken Wing Bar with Dinner Roll Veggie Nuggets with Dinner Roll** 

> **Charcuterie Platter** Montecristo Sandwich

Waffle Fries and Pickled Cucumbers **Apples & Pears** 

#### **WEDNESDAY**

Spicy Chicken Pepperoni Pasta Bake **Spicy Pasta Bake** 

> **Charcuterie Platter** Fish Tacos

Roasted Broccoli & Carrots LG **Bannas & Berry Cups** 

#### **FRIDAY**

Beef Chili with Corn Muffin **Vegetarian Chili with Corn Muffin** 

> **Charcuterie Platter Green Monsta Flatbread**

Red Pepper Strips & Side Salad LG **Apples & Bananas** 

### **TUFSDAY**

Wally's Boomin' Nachos Wally's Boomin' Bean Nachos

**Red Pepper Hummus Platter** Chicken Parm Sub

Kickin' Beans & Sweet Potato Fries **Oranges & Apples** 

#### **THURSDAY**

#### **Dumpling Day!**

**Chicken Dumplings with Mixed Vegetables Edamame Dumplings with Mixed Vegetables** 

**Red Pepper Hummus Platter Chicken Nuggets Basket** 

**Green Beans & Roasted Veggies Pears & Fresh Fruit Cups** 



Weekly Special: Salad of the Week: Harvest Grain Salad Bowl with Balsamic Vinaigrette

Sandwich of the Week: Chicken Caesar Wrap



#### **Daily Serves:**

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Grab N' Go Salads
Grab N' Go Parfait
Crispy Chicken Sandwich
Hamburger/Cheeseburger, Veggie Burger
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### September 2025

# LUNCH MENU

Week 5: September 29-30

#### **MONDAY**

Cheesy Popcorn Chicken Bowl Cheesy Veggie Nugget Bowl

Red Pepper Hummus Platter Turkey and Swiss Melt

Cucumbers and Chickpea Salad
Apples & Pears

#### **TUESDAY**

Turkey Barbacoa Taco Kickin' Bean Taco

Pretzel & Cheese Platter Philly Chicken Cheesesteak

Street Corn Salad & Carrots LG
Oranges & Apples