



August 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 1: August 25-29

Weekly Special:

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.

MONDAY

NO SCHOOL!

TUESDAY

Turkey Barbacoa Taco
Kickin' Bean Taco V

Pretzel & Cheese Platter
Philly Chicken Cheesesteak

Fiesta Corn & Carrots LG
Oranges & Apples

WEDNESDAY

Penne Pasta w/ Bolognese Sauce
Penne Pasta w/ Marinara Sauce V

Red Pepper Hummus Platter
Spicy Chicken Flatbread

Broccoli & Carrots LG
Bananas & Berry Cups

THURSDAY

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

Pretzel & Cheese Platter
Chicken Tender Basket

Roasted Potatoes & Celery
Pears & Fresh Fruit Cups

FRIDAY

NO SCHOOL!

Happy Labor Day Weekend!

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

Breakfast and Lunch are Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a Fruit and/or Vegetable with each lunch.
All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
*Menus are subject to change.

V = Vegetarian | **LG = Locally Grown**

LTO = Limited Time Offer | **HOTM = Harvest of the Month**

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





Weekly Special:

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

Sandwich of the Week:
Chipotle Chickpea Sub



September 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 1: September 1-5

MONDAY

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

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!

Powering potential.

Breakfast and Lunch are Free for all Students!

Our menu consists of Whole Grains, Fresh Fruits and Vegetables.

Students must take a Fruit and/or Vegetable with each lunch.

All meals are served with the Option of Milk.

Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.

*Menus are subject to change.

V = Vegetarian | LG = Locally Grown

LTO = Limited Time Offer | HOTM = Harvest of the Month

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





September 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 2: September 8-12

Weekly Special:

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

Sandwich of the Week:
Turkey Club 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.

MONDAY

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

TUESDAY

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

All Lunches Must Include
Choice of:

Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

Breakfast and Lunch are Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a Fruit and/or Vegetable with each lunch.
All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
*Menus are subject to change.

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

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





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!

Powering potential.

Breakfast and Lunch are Free for all Students!

Our menu consists of Whole Grains, Fresh Fruits and Vegetables.

Students must take a Fruit and/or Vegetable with each lunch.

All meals are served with the Option of Milk.

Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.

***Menus are subject to change.**

V = Vegetarian | LG = Locally Grown

LTO = Limited Time Offer | HOTM = Harvest of the Month

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.



September 2025

LOWELL HIGH SCHOOL 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

**All Lunches Must Include
Choice of:**

**Fruits and/or Vegetable
And May Include:**
1% Low-Fat Milk



September 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 4: September 22-26

**Weekly
Special:**

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!

Powering potential.

MONDAY

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

TUESDAY

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

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

Breakfast and Lunch are Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a Fruit and/or Vegetable with each lunch.
All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
*Menus are subject to change.

V = Vegetarian | **LG = Locally Grown**

LTO = Limited Time Offer | **HOTM = Harvest of the Month**

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





Weekly Special:

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

Sandwich of the Week:
Chicken Caesar Wrap



September 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 5: September 29-30

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.

Breakfast and Lunch are Free for all Students!

Our menu consists of Whole Grains, Fresh Fruits and Vegetables.

Students must take a Fruit and/or Vegetable with each lunch.

All meals are served with the Option of Milk.

Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.

***Menus are subject to change.**

V = Vegetarian | LG = Locally Grown

LTO = Limited Time Offer | HOTM = Harvest of the Month

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.



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

All Lunches Must Include

Choice of:

Fruits and/or Vegetable

And May Include:

1% Low-Fat Milk