



# October 2022

Cardinal / Riverside / Laura Lee /  
LeBlanc / Molloy / Moody /  
Washington / Aide Day

## LUNCH MENU

MON	TUES	WED	THURS	FRI
<p>3</p> <ul style="list-style-type: none"> <li>-Chicken Pot Pie with Biscuit Crust</li> <li>-Chicken Caesar Salad with Flatbread LG</li> <li>-Turkey &amp; Cheese Sandwich</li> <li>-Broccoli &amp; Carrots Apples &amp; Pears</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>-Arroz con Pollo</li> <li>-Hummus Platter V</li> <li>-Honey Mustard Chicken Wrap</li> <li>-Kickin Beans &amp; Broccoli Oranges &amp; Apples</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>-Crispy Chicken Sandwich &amp; Spicy Crispy Chicken Sandwich</li> <li>-Chef Salad with Flatbread LG</li> <li>-Turkey &amp; Cheese Sandwich -Cucumber &amp; Carrots Bananas &amp; Apples</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>-General Tso's Chicken with Fried Rice</li> <li>-General Tso's Tofu Steak with Rice V</li> <li>-Hummus Platter V</li> <li>-Honey Mustard Chicken Wrap</li> <li>-Green Beans &amp; Carrots Pears &amp; Fresh Fruit Cup</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>-Cheese Pizza V</li> <li>-Chicken Caesar Salad with Flatbread LG</li> <li>-Turkey &amp; Cheese Sandwich</li> <li>-Red Pepper Strips &amp; Side Salad Apples &amp; Bananas</li> </ul>
<p>10</p> <p><b>Indigenous Peoples' Day</b></p> <p><b>NO SCHOOL</b></p>	<p>11</p> <ul style="list-style-type: none"> <li>-Beef Taco with 6" Tortilla Wrap -Kickin Bean Taco with 6" Tortilla Wrap V</li> <li>-Yogurt &amp; Fruit Power Pack V</li> <li>-Greek Chicken Wrap</li> <li>-Kickin Beans &amp; Broccoli Oranges &amp; Apples</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>-Pizza Crunchers V</li> <li>-Greek Salad with Flatbread LG V</li> <li>-Chicken Salad Sandwich on a Bulkie Roll</li> <li>-Cucumber &amp; Carrots Bananas &amp; Apples</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>-Szechuan Chicken with Rice -Szechuan Tofu with Rice</li> <li>-Yogurt &amp; Fruit Power Pack V</li> <li>-Greek Chicken Wrap</li> <li>-Green Beans &amp; Carrots Pears &amp; Fresh Fruit Cup</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>-Cheese Pizza V</li> <li>-Greek Salad with Flatbread LG</li> <li>-Chicken Salad Sandwich on a Bulkie Roll</li> <li>-Red Pepper Strips &amp; Side Salad Apples &amp; Bananas</li> </ul>
<p>17</p> <ul style="list-style-type: none"> <li>-Hamburger &amp; Cheeseburger</li> <li>-Chicken Ranch Salad with Flatbread LG</li> <li>-Ham &amp; Cheese Sandwich</li> <li>-Broccoli &amp; Carrots Apples and Pears</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>-Chicken Carnitas Taco with 6" Tortilla Wrap</li> <li>-Pizza Platter V</li> <li>-Chicken Caesar Wrap</li> <li>-Kickin Beans &amp; Broccoli Clementines &amp; Apples</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>-Fish and "Chips" with Coleslaw, Dinner Roll and Tartar Sauce</li> <li>-Vegetarian Nuggets and "Chips" with Coleslaw, Dinner Roll V</li> <li>-Chef Salad with Flatbread LG</li> <li>-Ham &amp; Cheese Sandwich -Cucumber &amp; Carrots Bananas &amp; Apples</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>-Chicken &amp; Vegetable Dumplings with Fried Rice</li> <li>-General Tso's Tofu Steak with Fried Rice V</li> <li>-Pizza Platter V</li> <li>-Chicken Caesar Wrap</li> <li>-Green Beans &amp; Carrots Pears &amp; Fresh Fruit Cup</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>-Cheese Pizza V</li> <li>-Cobb Salad with Flatbread LG</li> <li>-Tuna Salad Sandwich on a Bulkie Roll</li> <li>-Red Pepper Strips &amp; Side Salad Apples &amp; Bananas</li> </ul>
<p>24</p> <ul style="list-style-type: none"> <li>-Pizza Crunchers V</li> <li>-Cobb Salad with Flatbread LG</li> <li>-Tuna Salad Sandwich on a Bulkie Roll</li> <li>-Maple Carrots &amp; Green Beans Apples &amp; Pears</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>-Crispy Chicken Sandwich &amp; Spicy Crispy Chicken Sandwich</li> <li>-Pretzel Power Pack V</li> <li>-Turkey Bahn Mi Sandwich</li> <li>-Kickin Beans &amp; Broccoli Oranges &amp; Apples</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>-Chicken Tenders with a Dinner Roll</li> <li>-Mediterranean Hummus Salad with Flatbread LG V</li> <li>-Tuna Salad Sandwich on a Bulkie Roll</li> <li>-Cucumbers &amp; Carrots Bananas &amp; Local Pears</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>-Chicken Tikka Masala with -Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad V</li> <li>-Pretzel Power Pack V</li> <li>-Turkey Bahn Mi Sandwich</li> <li>-Green Beans &amp; Carrots Pears &amp; Fresh Fruit Cup</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>-Cheese Pizza V</li> <li>-Mediterranean Hummus Salad with Flatbread LG V</li> <li>-Italian Sub</li> <li>-Red Pepper Strips &amp; Side Salad Apples &amp; Bananas</li> </ul>
<p>31</p> <ul style="list-style-type: none"> <li>-Country Chicken Bowl with Corn Muffin</li> <li>-Country Vegetarian Nugget Bowl with Flatbread LG V</li> <li>-Mediterranean Hummus Salad with Flatbread LG V</li> <li>-Italian Sub</li> <li>-Maple Carrots &amp; Tater Tots Apples &amp; Peaches</li> </ul> 				

Check out <https://lowellk12ma.nutrition.com/> for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact [foodservices@lowell.k12.ma.us](mailto:foodservices@lowell.k12.ma.us)

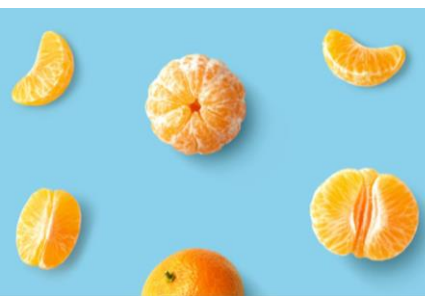
Offered Daily: 1 % and Skim Milk and Fresh Fruit

Menu is subject to change.

USDA is an equal opportunity provider and employer.

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

Powering potential.



Menus are subject to change.



This institution is an equal opportunity providers