



September

Lowell Public Schools

K-8 School Lunch Menu

All kids 18 and under eat at no cost!

*All sandwiches, wraps & subs are whole grain

Served Daily: Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich
LG = Locally Grown!
V = Vegetarian!

Food & Nutrition Office: 978-674-2049

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions

*Menus are subject to change and will be posted when available

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the 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) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



USDA is an equal opportunity provider and employer.

MONDAY

30

No School

TUESDAY

31

-Turkey and Cheese Sandwich with Lettuce and Tomato **LG**
 -Fruit and Yogurt Platter **V**
 Served with Fresh Apple, Baby Carrots and Milk

WEDNESDAY

1

-Ham and Cheese Wrap with Lettuce and Tomato **LG**
 -Pizza Platter with Red Pepper Strips
 Served with Pear, Red Pepper Slices and Milk

THURSDAY

2

-Italian Sandwich with Lettuce and Tomato **LG**
 -Chicken Salad Platter with Lettuce and Tomato
 Served with Banana, Broccoli and Milk

FRIDAY

3

No School

6

No School

7

-Turkey and Cheese Sandwich with Lettuce and Tomato **LG**
 -Fruit and Yogurt Platter **V**
 Served with Fresh Apple, Baby Carrots and Milk

8

-Ham and Cheese Wrap with Lettuce and Tomato **LG**
 -Chicken Taco Platter
 Served with Pear, Red Pepper Slices and Milk

9

-Italian Sandwich with Lettuce and Tomato **LG**
 -Tuna Salad Platter with Lettuce and Tomato **LG**
 Served with Banana, Broccoli and Milk

10

-Cheese Pizza **V**
 -Ranch Chicken Salad **LG**
 Served with Apple, Snap Peas and Milk

13

- Country Fried Steak with Gravy & Whole Grain Roll
 - Spicy Buffalo Chicken Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Apple, Garden Salad & Tomato Slices **LG**

14

- Chicken & Spaghetti Carbonara with Whole Grain Roll
 - Meatloaf Parm Sub with Whole Grain Roll
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Chicken Salad Platter w/Lettuce & Tomato **LG**
 Served with Milk, Orange and Roasted Carrots

15

- Beef Sloppy Joe Sandwich on a whole Grain Bun
 - Chicken Fajita Wrap
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Banana and Fresh Broccoli

16

- General Tso's Chicken & Vegetables with Yellow Rice
 - Cheeseburger with Lettuce & Tomato on Whole Grain Bread **LG**
 - Popcorn Chicken Salad w/Flatbread **LG**
 - Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Season Fruit Cup and Baby Carrots

17

- Cheese Pizza **V**
 - White Pizza with Sausage
 - Chef Salad with Egg & Whole Grain Flatbread **LG V**
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 - Served with Milk, Apple and Cucumber & Baby Carrots

20

- Salisbury Steak with Gravy & Egg Noodles
 - Crispy Chicken Ranch Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Chef Salad with Ham w/Whole Grain Flatbread **LG**
 - Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain **LG**
 - Served with Milk, Apple & Spinach Salad

21

- Crispy Orange Chicken & Broccoli with Brown Rice
 - Grilled Ham & Swiss Melt
 - Chef Salad with Ham w/Whole Grain Flatbread **LG**
 - Chicken Salad Platter w/Lettuce & Tomato **LG**
 - Served with Milk Fruit Cup and Broccoli

22

- Baked Potato with Cheese & Ham Whole Grain Roll
 - Chicken Gyro with Lettuce & **LG** Tomato on Whole Wheat Flatbread
 - **Beef Taco Salad with Peach Tomato Salsa **LG** **HOTM****
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 Served with Milk, Banana and Red Pepper Strips

23

- Macaroni & Cheese **V**
 - Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
 - Hummus Salad w/Flatbread **V**
 -Served with Milk, Orange and Corn & Carrots

24

- Cheese Pizza **V**
 - Chicken & Pepper Popper Pizza
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 - Chef Salad with Egg & Whole Grain Flatbread **LG V**
 Served with Milk, Apple and Side Salad

27

- Chicken Drumstick with Tater Tots & Carrots
 - Pasta Bolognese with Whole Grain Roll
 - Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Served with Milk, Apple & Tater Tots and Carrots

28

- Chicken Parm Pasta with Roasted Broccoli & Carrot
 - Chicken Tenders with Whole Grain Roll
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Orange & Roasted Vegetables

29

- BBQ Pork Rib Sandwich with Slaw and Red Pepper Strips
 - Chicken Soft Taco with Lettuce & Tomato **LG**
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk Banana & Red Pepper Strips

30

- Beef & Cheddar Bowl with Gravy & Mashed Potato
 - Beef Nachos
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
 - Served with Milk, Peach Slices & Celery Sticks

1

- Cheese Pizza **V**
 - Beef Mexican Pizza
 - Chicken Garden Salad with Whole Grain Flatbread **LG**
 - Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
 Served with Milk Fresh Fruit and Side Salad **LG**