



January Lowell High School Lunch

All kids 18 and under eat at no cost!

*All sandwiches, wraps & subs are whole grain

Served Daily

- Sun Butter & Jelly
- Cheese and Pepperoni Pizza
- Build Your Own Deli Sandwich Station LG
- Build Your Own Salad Station LG
- Fresh Fruit and Vegetables
- Milk: Skim & 1%

LG = **Locally Grown!**

V = **Vegetarian**

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

Check out our accounts on Social Media:
LPSD- Food & Nutrition
Instagram: [lpsdfoodandnutrition](https://www.instagram.com/lpsdfoodandnutrition)
Food & Nutrition Office: 978-674-2049



MONDAY

3

Country Chicken Bowl
Steak and Cheese Sub
Bacon Pizza
Served with Apple, Broccoli, and Milk

TUESDAY

4

Chicken Burrito Bowl with Cilantro Lime Rice
Teriyaki Chicken Sub LG
BBQ Chicken Pizza
Served with Orange, Carrots, and Milk

WEDNESDAY

5

Chicken Teriyaki Noodles
Ham and Cheese Bruschetta Melt
Hawaiian Pizza
Served with Pear, Snow Peas, and Milk

THURSDAY

6

Chicken or Beef Nachos
Chicken Finger Sub LG
Sausage Jalapeno Pizza
Served with Banana, Kickin Beans and Corn, and Milk

FRIDAY

7

Meatball Pomodoro Bowl
Turkey Club Melt LG
Vegetarian Pizza V
Served with Apple, Red Pepper Strips, and Milk

10

Shepard's Pie with Dinner Roll
Chicken Parm Sub
Bacon Pizza
Served with Apple, Broccoli, and Milk

11

Chicken Tacos with Cilantro Lime Rice
Steak and Cheese Sub
BBQ Chicken Pizza
Served with Orange, Carrots, and Milk

12

General Tso's Chicken with Fried Rice
Teriyaki Chicken Sub LG
Hawaiian Pizza
Served with Pear, Snow Peas, and Milk

13

Chicken or Beef Nachos
Meatball Sub
Sausage Jalapeno Pizza
Served with Banana, Kickin Beans and Corn, and Milk

14

Limited Time Offer:
Mediterranean Grain Bowl
Ham and Cheese Bruschetta Melt V
Vegetarian Pizza V
Served with Apple, Red Pepper Strips, and Milk

17

Martin Luther King Jr. Day

No School

18

Chicken Burrito Bowl with Cilantro Lime Rice
Turkey Club Melt LG
BBQ Chicken Pizza
Served with Orange, Carrots, and Milk

19

Chicken Teriyaki Stir-Fry with Fried Rice
Chicken Parm Sub
Hawaiian Pizza
Served with Pear, Snow Peas, and Milk

20

Chicken or Beef Nachos
Steak and Cheese Sub
Sausage Jalapeno Pizza
Served with Banana, Kickin Beans and Corn, and Milk

21

Chicken Parmesan with Penne Pasta
Teriyaki Chicken Sub LG
Vegetarian Pizza V
Served with Apple, Red Pepper Strips, and Milk

24

Breaded Chicken Drumsticks
Meatball Sub
Bacon Pizza
Served with Apple, Broccoli, and Milk

25

Baked Potato Bar
Ham and Cheese Bruschetta Melt
BBQ Chicken Pizza
Served with Orange, Carrots, and Milk

26

Breakfast For Lunch Featuring Local Baked Apples-**HOTM**
Chicken Finger Sub LG
Hawaiian Pizza
Served with Pear, Snow Peas, and Milk

27

Chicken or Beef Nachos
Turkey Club Melt LG
Sausage Jalapeno Pizza
Served with Banana, Kickin Beans and Corn, and Milk

28

Chicken Tikka Masala
Chicken Parm Sub
Vegetarian Pizza V
Served with Apple, Red Pepper Strips, and Milk

31

Buffalo Chicken Mac & Cheese
Steak and Cheese Sub
Bacon Pizza
Served with Apple, Broccoli, and Milk