



# June Lowell High School Lunch

**All kids 18 and under eat at no cost!**

\*All sandwiches, wraps & subs are whole grain

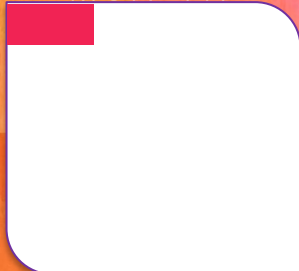
Vegetarian Option Available for all Stations Every Day

**Served Daily**

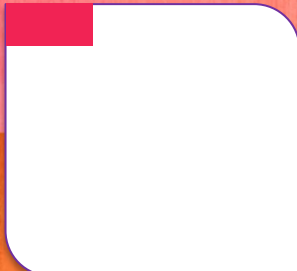
- Sun Butter & Jelly
- Cheese and Pepperoni Pizza
- Build Your Own Deli Sandwich Station LG
- Build Your Own Salad Station LG
- Fresh Fruit and Vegetables
- Milk: Skim & 1%

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](#)  
 Food & Nutrition Office: 978-674-2049

## MONDAY



## TUESDAY



## WEDNESDAY

**1**

Spicy Garlic Popcorn Chicken Lo Mein

Crispy Fish Sandwich

Hawaiian Pizza

Banana and Apple, Cucumber Slices and Carrots

## THURSDAY

**2**

Chicken or Beef Nachos

Chicken Nuggets with Fries

Sausage Jalapeno Pizza

Fresh Fruit Cup and Pear Kickin Beans and Broccoli Florets

## FRIDAY

**3**

Chicken Tikka Masala with Tzatziki Sauce

Chicken Tenders with Fries

Vegetarian Pizza

Apple and Banana Red Pepper Strips and Side Salad

**6**

Buffalo Chicken Mac & Cheese

Meatball Sub

Bacon Cheddar Pizza

Apple and Pear Broccoli Florets and Carrots

**7**

**TACO TUESDAY: Beef Tacos with Cilantro Lime Rice**

Popcorn Chicken with Fries

Buffalo Chicken Pizza

Orange and Apples, Green Beans and Side Salad

**8**

Szechuan Chicken with Rice

Boneless Chicken Wings with Fries

Hawaiian Pizza

Banana and Apple Cucumber Slices and Carrots

**9**

Chicken or Beef Nachos

Chicken Nuggets with Fries

Sausage Jalapeno Pizza

Fresh Fruit Cup and Pear Kickin Beans and Broccoli Florets

**10**

Meatball Pomodoro

Chicken Tenders with Fries

Vegetarian Pizza

Apple and Banana Red Pepper Strips and Side Salad

**13**

Waffles with Sausage

Meatball Sub

Bacon Cheddar Pizza

Apple and Pear Maple Carrots and Green Beans

**14**

Arroz con Pollo

Popcorn Chicken with Fries

BBQ Chicken Pizza

Orange and Strawberries Green Beans and Side Salad

**15**

Teriyaki Chicken and Vegetable Stir-Fry with Rice

Boneless Chicken Wings with Fries

Hawaiian Pizza

Banana and Apple Cucumber Slices and Carrots

**16**

Chicken or Beef Nachos

Chicken Nuggets with Fries

**-HOTM: Chocolate Strawberry Platter**

Sausage Jalapeno Pizza

Fresh Fruit Cup and Broccoli Florets

**17**

Chicken Parmesan with Penne

Chicken Tenders with Fries

Vegetarian Pizza

Apple and Banana Red Pepper Strips and Side Salad

**20**

**Juneteenth Day  
NO SCHOOL**

**21**

Chicken Fajita Rice Bowl

Popcorn Chicken with Fries

Buffalo Chicken Pizza

Orange and Apples Green Beans and Side Salad  
**SUMMER BREAK STARTS AT END OF DAY**

