



# September

## Lowell Public Schools

### LHS Lunch Menu

**All Students eat at no cost!**

**Make sure to check out the offerings on our Grill, Deli, Chopped & Grab & Go Stations!**

Fresh Fruit & 100% Fruit Juice

Milk: Skim, FF Chocolate, 1% White  
 All Breads/Wraps are Whole Grain  
**Daily Grill Offerings:** Hamburger, Cheeseburger, Hot Dog, Crispy Chicken, Cheese & Pepperoni Pizza  
*Look for our vegetarian selections daily at our Deli, Chopped & Grab & Go stations!*

**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**

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## MONDAY

30

# No School

## TUESDAY

31

- Loaded Tater Tots & Popcorn Chicken Bowl
- Sausage & Jalapeno Pizza
- Meatball Sub
- Ham Chef Salad with Flatbread **LG**

Served with Milk Orange and Roasted Corn

## WEDNESDAY

1

- Cheese Ravioli with Marinara and a Whole Grain Roll
- Meat Lovers Pizza
- Turkey Ruben with Slaw
- Asian Chicken Noodle Salad **LG**

Served with Milk Banana and Broccoli

## THURSDAY

2

- Nacho Bar with all the fixings **V**
- Hawaiian Pizza
- Ham & Cheese Ciabatta Melt
- Hummus & Vegetable Platter **LG**

Served with Milk Fruit Cup and Baby Carrots & Campfire Beans

## FRIDAY

3

# No School

6

# No School

7

- Beef Tortilla Bowl with w/ Rice
- Greek Chicken Pizza
- Meatball Sub
- Chicken Salad Platter with Lettuce & Tomato **LG**

Served with Milk Orange & Seasoned Corn

8

- Thai Chicken Bowl w/ Rice
- Ultimate Vegetable Pizza **V**
- Turkey Ruben w/Slaw
- Chef Salad with Ham with Whole Grain Flatbread **LG**

Served with Milk Banana and Seasoned Carrots

9

- Nacho Bar with all the fixings Fully Loaded Pizza
- Turkey & Cheese Melt Ciabatta
- Hummus Salad with Flatbread **V**

Served with Milk Fresh Strawberries and Black Charro Beans

10

- Mediterranean Grain Bowl
- Chili Lime Beef Pizza
- Chef Salad with Egg & Whole Grain Flatbread **V LG**
- Chicken Parm Sandwich

Served with Milk Apple and Local Garden Salad **LG**

13

- Country Fried Steak with Gravy & whole grain Roll
- Greek Vegetable Pizza **V**
- BBQ Rib Sandwich
- Chicken Caesar with Whole Grain Flatbread **LG**

Served with Milk Apple Tomato Slices and local Garden Salad **LG**

14

- Chicken & Broccoli Alfredo
- Cheeseburger Pizza
- Meatball Sub
- Chicken Salad Platter with Lettuce & Tomato **LG**

Served with Milk Orange and Roasted Carrots

15

- Country Chicken Bowl
- Chicken Mac & Cheese Pizza
- Buffalo Chicken Ranch Melt
- Chef Salad with Ham with Whole Grain Flatbread **LG**

Served with Milk Banana and Fresh Broccoli

16

- Nacho Bar with all the fixings
- Broccoli Pepper Onion Pizza
- Ham & Cheese Ciabatta Melt
- Hummus & Vegetable Plate with Whole Grain Roll **V**

Served with Milk Fruit cup and baby carrots

17

- Chicken & Vegetable Stew with a Biscuit
- White Pizza with Sausage
- Chef Salad with Egg & Whole Grain Flatbread **LG**
- Chicken Parm Sandwich
- Served with Milk Apple and Cucumber & Baby Carrots

20

- Beef Bolognese with Whole Wheat Pasta
- Chicken Black Bean & Corn Pizza
- Chicken & Cheese Pimento Melt
- Chicken Caesar Salad with Flatbread **LG**

Served with Milk Apple & Spinach Salad

21

- Crispy Orange Chicken & Broccoli with Brown Rice
- Meatball Pizza
- Turkey Ruben with Slaw
- Chicken Salad Platter **LG**

Served with Milk Fruit Cup and Broccoli

22

- Baked Potato Bar with all the fixings **V**
- Buffalo Bleu Chicken Pizza
- Meatball Sub
- Chef Salad with Ham & Whole Grain Flatbread **LG**

Served with Milk Banana and Red Pepper Strips

23

- Nacho Bar with all the fixings **V**
- Hawaiian Pizza
- Turkey & Cheese Ciabatta Melt
- Hummus Salad with Whole Grain Flatbread **LG**

Served with Milk, Orange & Corn & Carrots

24

- Balsamic Glazed Parmesan Chicken with Rice
- Vegetable Pizza **V**
- Chicken Parmesan Sub
- Chef Salad with Egg & a whole grain Flatbread **LG**

Served with Milk Apple and Side Salad **LG**

27

- Chicken Drumstick with Tater Tots & Carrots
- White Pizza with Sausage
- Country Chicken Sandwich
- Chicken Garden Salad with Flatbread **LG**

Served with Milk Apple Tater Tots & Carrots

28

- Chicken Parm Pasta with Roasted Broccoli & Carrot
- Sweet & Spicy Ham Pizza
- Meatball Sub
- Chicken Salad Platter **LG**

Served with Milk Orange & Roasted Vegetables

29

- Oriental Egg Fried Rice with an Egg Roll
- Cheeseburger Pizza
- Turkey Ruben with Slaw
- Chef Salad with Ham & Flatbread **LG**

Served with Milk Banana & Red Pepper Strips

30

- Nacho Bar with all the fixings
- Sriracha BBQ Chicken Pizza
- Ham & Cheese Ciabatta Melt
- Hummus & Vegetable Plate with whole grain Flatbread **V**

Served with Milk Peach Slices and Celery Sticks

1

- Chili Cheese Baked Potato with Cornbread
- Beef Mexican Pizza
- Chicken Parmesan Sub
- Chicken Salad platter **LG**

Served with Milk Fresh Fruit and Side Salad **LG**