



Weekly
Special:

Salad of the Week
Harvest Grain Salad Bowl
Sandwich of the Week
Moroccan Harissa Wrap

Daily Serves

MYO Salads and Bowls
Grab and go Salads
Grab and go Parfait
Chicken Patty
Hamburger/Cheeseburger, Veggie Burger
Pizza Station.

Menus are subject to change.

Menu's Nutrition Education & Monthly Promotions

<https://lowellk12ma.nutrislice.com>

Check out our social media!

Facebook : LPSD-Food&Nutrition Instagram: lpsdfoodandnutrition



November 2023

Lowell High School LUNCH MENU

Week 1 November 6-10

MONDAY

National Nacho Day

Lowell Grande Nachos
Cheesy Bean Nacho **V**
Red Pepper Hummus Platter **V**
Turkey & Swiss Melt
Kickin' Beans & Broccoli
Apples & Peaches

TUESDAY

NO SCHOOL
ELECTION DAY

WEDNESDAY

Penne Bolognese w/ Breadstick
Penne w/ Sauce & Breadstick **V**
Red Pepper Hummus Platter **V**
Spicy Chicken Flatbread
Cucumbers & Carrots **LG**
Bananas & Berry Cup

THURSDAY

Black Bean, Pork, and Plantain Rice Bowl
Black Bean & Plantain Rice Bowl
HOTM: Green Monsta Pizza with
Local Kale **V LG**
Green Beans & Carrots **LG**
Pears & Fresh Fruit Cup

FRIDAY

NO SCHOOL
VETERANS DAY

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

Food & Nutrition Office: 978-674-2049

This institution is an equal opportunity providers



Weekly Special:

Salad of the Week

Thai Sweet Chili

Chicken Salad

Sandwich of the Week

Chipotle Chickpea

Sub

Daily Serves

MYO Salads and Bowls

Grab and go Salads

Grab and go Parfait

Chicken Patty

Hamburger/Cheeseburger, Veggie Burger

Pizza Station.

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STUDENT
NUTRITION



November 2023

Lowell High School LUNCH MENU

Week 2 November 13-17

MONDAY

Ramen Bar

Vegetable or Chicken

*Soba, Carrots & Cabbage, Edamame,
Bok Choy, Scallions, Nori Seaweed*

Hot Italian Melt

Pretzel & Cheese Platter **V**

Cucumbers & Waffle Fries

Apples & Pears

WEDNESDAY

Buffalo Chicken Mac n Cheese w/
Breadstick

Mac n Cheese **V**

Pretzel & Cheese Platter **V**

Green Monsta Flatbread **V**

Roasted Broccoli & Carrots **LG**

Bananas & Berry Cups

FRIDAY

Thanksgiving Lunch

Roasted Turkey

Or Veggie Nuggets with Gravy

Served with Stuffing, Mashed Potatoes,

and a Dinner Roll

Roasted Seasonal Vegetable

Apple Crisp

TUESDAY

Arroz Con Pollo

Black Bean & Rice Bowl **V**

Chocolate Hummus Platter **V**

Meatball Sub

Street Corn Salad & Carrots **LG**

Clementines & Apples

THURSDAY

General Tso's Chicken or Tofu w/ Fried Rice

Chocolate Hummus Platter **V**

Nashville Hot Chicken Sandwich

Celery Sticks & Kale Caesar Salad **LG**

Apples & Bananas

All Lunches Must Include

Choice of:

Fruits and/or

Vegetable

And May Include:

1% Low-Fat Milk

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Weekly
Special:

Salad of the Week
**Asian Chicken Salad
w/ Flatbread**
Sandwich of the Week
**Italian Deli Wrap w/
Provolone**

Daily Serves

MYO Salads and Bowls
Grab and go Salads
Grab and go Parfait
Chicken Patty
Hamburger/Cheeseburger, Veggie Burger
Pizza Station.

Menus are subject to change.



November 2023

Lowell High School LUNCH MENU

Week 3 November 20-24

MONDAY

National French Toast Day

French Toast with Chicken Sausage or
Vegetarian Sausage **V**
Pretzel & Cheese Platter **V**
Montecristo Sandwich
Broccoli & Carrots **LG**
Apple & Pear

TUESDAY

Chicken Fajitas
Black Bean Taco **V**
Charcuterie Platter
Turkey Jack Sandwich with BaBoom
Roasted Chickpeas & Cucumbers
Clementines & Apples

WEDNESDAY

EARLY DISMISSAL
NO LUNCH

THURSDAY

HAPPY THANKSGIVING

FRIDAY

HAPPY THANKSGIVING

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
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Weekly
Special:

Salad of the Week
**Chicken Kale Caesar
w/ Chickpeas**
Sandwich of the Week
**Chicken Caprese on
Ciabatta**

Daily Serves

MYO Salads and Bowls
Grab and go Salads
Grab and go Parfait
Chicken Patty
Hamburger/Cheeseburger, Veggie Burger
Pizza Station.

Menus are subject to change.

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November 2023

Lowell High School LUNCH MENU

Week 2 November 27 - Dec 1

MONDAY

Beef Lok Lac with Rice
General Tso Tofu W/Rice **V**
Fruit & Yogurt Platter **V**
Montecristo Sandwich
Side Salad & Green Beans
Apples & Pear

TUESDAY

Pork Carnita Tacos
Black Bean Tacos **V**
Chocolate Hummus Platter **V**
Meatball Sub
Zesty Coleslaw & Broccoli
Oranges & Apples

WEDNESDAY

LTO: Spicy Beef Tzatziki Gyro

Chicken Caprese on Ciabatta
Fruit & Yogurt Platter **V**
Green Monsta Flatbread
Cucumber & Carrots **LG**
Bananas & Berry Cup

THURSDAY

Cheesy Potato Breakfast Bake
Omelete w/ a Corn Muffin
Chocolate Hummus **V**
Chicken Nugget Basket
Roasted Veggie & Green Beans
Pears & Fresh Fruit Cups

FRIDAY

Roasted Chicken Wings
Buffalo, BBQ, Sweet Chili
Fish Tacos
Carrots & Celery Sticks
Pears & Fresh Fruit Cup

All Lunches Must Include

Choice of:
Fruits and/or
Vegetable

And May Include:
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