



October Lowell High School Lunch

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

MONDAY

4

Country Chicken Bowl

Steak and Cheese Sub

Bacon Pizza

Served with Apple, Broccoli, and Milk

TUESDAY

5

Chicken Burrito Bowl with Cilantro Lime Rice

Teriyaki Chicken Sub **LG**

BBQ Chicken Pizza

Served with Orange, Carrots, and Milk

WEDNESDAY

6

Chicken Teriyaki Noodles

Ham and Cheese Bruschetta Melt

Hawaiian Pizza

Served with Pear, Snow Peas, and Milk

THURSDAY

7

Chicken or Beef Nachos

Chicken Finger Sub **LG**

Sausage Jalapeno Pizza

Served with Banana, Kickin Beans and Corn, and Milk

FRIDAY

8

Meatball Pomodoro Bowl

Turkey Club Melt **LG**

Vegetarian Pizza **V**

Served with Apple, Red Pepper Strips, and Milk

11

No School

12

Chicken Tacos with Cilantro Lime Rice

Steak and Cheese Sub

BBQ Chicken Pizza

Served with Orange, Carrots, and Milk

13

General Tso's Chicken with Fried Rice

Teriyaki Chicken Sub **LG**

Hawaiian Pizza

Served with Pear, Snow Peas, and Milk

14

Chicken or Beef Nachos

Meatball Sub

Sausage Jalapeno Pizza

Served with Banana, Kickin Beans and Corn, and Milk

15

Chicken Broccoli Alfredo

Ham and Cheese Bruschetta Melt

Vegetarian Pizza **V**

Served with Apple, Red Pepper Strips, and Milk

18

Chili Bowl

Chicken Finger Sub **LG**

Bacon Pizza

Served with Apple, Broccoli, and Milk

19

Chicken Burrito Bowl with Cilantro Lime Rice

Turkey Club Melt **LG**

BBQ Chicken Pizza

Served with Orange, Carrots, and Milk

20

Chicken Teriyaki Stir-Fry with Fried Rice

Chicken Parm Sub

Hawaiian Pizza

Served with Pear, Snow Peas, and Milk

21

Chicken or Beef Nachos

Steak and Cheese Sub

Sausage Jalapeno Pizza

Served with Banana, Kickin Beans and Corn, and Milk

22

Chicken Parmesan with Penne Pasta

Teriyaki Chicken Sub **LG**

Vegetarian Pizza **V**

Served with Apple, Red Pepper Strips, and Milk

25

Shepherd's Pie

Meatball Sub

Bacon Pizza

Served with Apple, Broccoli, and Milk

26

Chicken Fajita Rice Bowl

Ham and Cheese Bruschetta Melt

BBQ Chicken Pizza

Served with Orange, Carrots, and Milk

27

Chicken Teriyaki Noodles

Chicken Finger Sub **LG**

Hawaiian Pizza

Served with Pear, Snow Peas, and Milk

28

Chicken or Beef Nachos

Turkey Club Melt **LG**

Sausage Jalapeno Pizza

Served with Banana, Kickin Beans and Corn, and Milk

29

Chicken Tikka Masala

Chicken Parm Sub

Vegetarian Pizza **V**

Served with Apple, Red Pepper Strips, and Milk

31

No School

1

No School

2

No School

3

No School

4

No School

