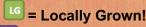


October **Lowell High** School Lunch

*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
- Fresh Fruit and Vegetables
- Milk: Skim & 1%





= 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

11

18

Chili Bowl

Bacon Pizza

Served with Apple.

Broccoli, and Milk

Country Chicken Bowl

Steak and Cheese Sub

No

School

Chicken Finger Sub

Bacon Pizza

Served with Apple, Broccoli, and Milk

TUESDAY

12

Chicken Burrito Bowl with Cilantro Lime Rice

Teriyaki Chicken Sub

BBQ Chicken Pizza

Served with Orange, Carrots, and Milk

Chicken Tacos with

Cilantro I ime Rice

BBQ Chicken Pizza

Served with Orange,

Chicken Burrito Bowl with

Carrots, and Milk

Cilantro Lime Rice

Turkey Club Melt

BBQ Chicken Pizza

Served with Orange,

Carrots, and Milk

Steak and Cheese Sub

WEDNESDAY

13

Chicken Teriyaki Noodles

Ham and Cheese Bruschetta Melt

Hawaiian Pizza

with Fried Rice

Hawaiian Pizza

Peas, and Milk

with Fried Rice

Hawaiian Pizza

Peas, and Milk

Chicken Parm Sub

Served with Pear. Snow Peas, and Milk

General Tso's Chicken

Teriyaki Chicken Sub

Served with Pear, Snow

Chicken Terivaki Stir-Frv

THURSDAY

Chicken or Beef Nachos

Chicken Finger Sub

Sausage Jalapeno Pizza

Served with Banana. Kickin Beans and Corn, and Milk

FRIDAY

Meatball Pomodoro Bowl

Turkey Club Melt

Vegetarian Pizza

Served with Apple, Red Pepper Strips, and Milk

Chicken or Beef Nachos

Meatball Sub

14

Sausage Jalapeno Pizza

Served with Banana. Kickin Beans and Corn, and Milk

15

Chicken Broccoli Alfredo

Ham and Cheese Bruschetta Melt

Vegetarian Pizza

Served with Apple, Red Pepper Strips, and Milk

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

Vegetarian Pizza

Served with Apple, Red Pepper Strips, and Milk

Chicken Tikka Masala

Chicken Parm Sub

Vegetarian Pizza

Served with Apple, Red Pepper Strips, and Milk

Chicken or Beef Nachos

Chicken Finger Sub

Hawaiian Pizza

Served with Pear, Snow

Turkey Club Melt

Sausage Jalapeno Pizza

Served with Banana. Kickin Beans and Corn, and Milk

Shepherd's Pie

Meatball Sub

Bacon Pizza

Served with Apple, Broccoli, and Milk

Chicken Fajita Rice Bowl

Ham and Cheese Bruschetta Melt

BBQ Chicken Pizza

Served with Orange. Carrots, and Milk

27

Chicken Terivaki Noodles

Served with Pear, Snow

Peas, and Milk

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