



December 2023

Lowell High School LUNCH MENU

Week 1 December 4-8

Weekly
Special:

Salad of the Week
Kale Caesar w/ Chicken & 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.

MONDAY

Chicken or Vegetable Ramen
Soba Noodles, carrots, cabbage,
Bok choy, and egg
Fruit & Yogurt Platter
Montecristo Sandwich
Side Salad & Green Beans
Applesauce & Pears

TUESDAY

Lowell Grande Nachos
Cheesy Bean Nacho **V**
Chocolate Hummus Platter **V**
Meatball Sub
Kickin' Beans & Broccoli
Clemintines & Apples

WEDNESDAY

Lok Lac w/ Rice
General Tso Tofu Steak **V**
Fruit & Yogurt Platter
Philly Chicken Cheesesteak
Parmesan Carrot **LG** & Cucumbers
Bananas & Berry Cup

THURSDAY

Cheesy Potato Breakfast Bake
Omelet with 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
Applesauce & Bananas

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
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

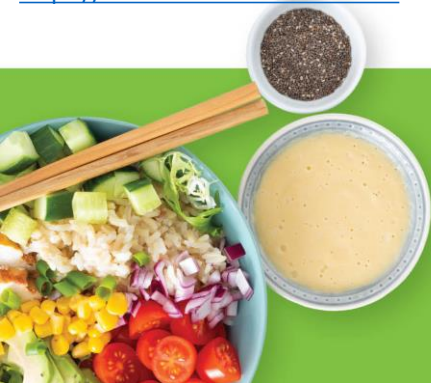
Hamburger/Cheeseburger, Veggie Burger

Pizza Station.

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Menu's Nutrition Education & Monthly Promotions

<https://lowellk12ma.nutrislice.com>



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STUDENT
NUTRITION



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Lowell High School LUNCH MENU

Week 2 December 11-15

MONDAY

Country Chicken Bowl w/ Corn Muffin
Country Veggie Nugget Bowl w/ a Dinner Roll **V**
Red Pepper Hummus Platter
Turkey & Swiss Melt
Carrots **LG** & Roasted Potatoes
Apples & Pears

TUESDAY

**LTO: Hot Honey Chicken
Tostada**
Pretzel & Cheese Platter
Turkey Banh Mi
Kickin Beans & Broccoli
Orange & Applesauce

WEDNESDAY

Penne Bolognese w/ a Breadstick
Penne a la Tomato w/ a Breadstick **V**
Red Pepper Hummus Platter **V**
Spicy Chicken Flatbread
Cucumber and Parmesan Carrots **LG**
Bananas & Berry Cup

THURSDAY

Black Bean, Pork, and Plantain Rice
Bowl
Black Bean & Plantain Rice Bowl **V**
Pretzel & Cheese Platter
Chicken Tenders
Green Beans & Spiced Carrots **LG**
Pears & Fresh Fruit Cup

FRIDAY

Chili Garlic Chicken Lo Mein
Chili Garlic Veggie Nugget Lo Mein
V
Fish N Chips
Roasted Chickpeas & Red Peppers
Apples & Bananas

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

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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.

Menus are subject to change.



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Lowell High School LUNCH MENU

Week 3 December 18-22

MONDAY

General Tso's Chicken w/ Fried Rice
General Tso's Tofu Steak w/ Fried Rice **V**
Pretzel & Cheese Platter
Hot Italian Melt
Cucumbers & Waffle Fries
Apples & Pears

TUESDAY

Arroz Con Pollo
Black Bean & Rice Bowl **V**
Chocolate Hummus **V**
Meatball Sub
Street Corn Salad & Maple Carrots **LG**
Clementines & Apples

WEDNESDAY

Buffalo Chicken Mac N Cheese w/ a
Breadstick
Pretzel & Cheese Platter
Green Monsta Flatbread **V**
Roasted Broccoli and Carrots **LG**
Bananas & Berry Cup

THURSDAY

Holiday Meal
Chicken Cordon Bleu w/ Dinner Roll
Falafel Bowl with Tzatziki and a Dinner
Roll **V**
Roasted Potato's & Maple Carrots **LG**
Peach Cobbler

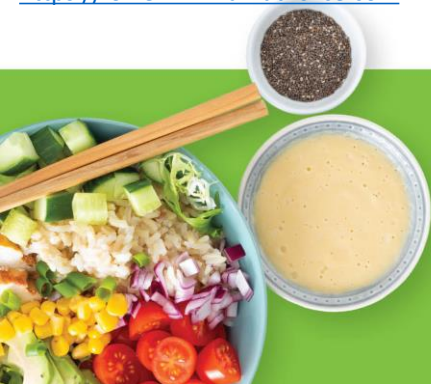
FRIDAY

Chicken Drumsticks and Mashed
Potatoes w/ a Dinner Roll
Veggie Nuggets and Mashed **V**
Potatoes w/ a Dinner Roll
Fish Tacos
Red Pepper Strips & Side Salad **LG**
Applesauce & Bananas

All Lunches Must Include
Choice of:
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Vegetable
And May Include:
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