

Weekly
Special:

Salad of the Week Special

Kale Chicken Caesar Salad **LG**

Sandwich of the Week Special

Chicken Caprese Sub

Daily Serve

MYO Salads and Bowls

Grab and Go Salads **LG**

Grab and Go Sandwiches

Yogurt Parfait

Chicken Patty

Hamburger

Veggie Burger

Pizza Station

All Lunches Must Include Choice of:

Fruits and/or

Vegetable

And May Include:

1% Low-Fat Milk

Menus are subject to change.

Menu's, Nutrition Education & Monthly Promotions

<https://lowellk12ma.nutrislice.com>

Check out our accounts on Social Media:

LPSD- Food & Nutrition

Instagram: [lpsdfoodandnutrition](#)

Food & Nutrition Office: 978-674-2049



October 2023

Lowell High School LUNCH MENU

Week 1: October 2-6

MONDAY

Country Chicken Bowl with a Corn Muffin

Vegetarian Nugget Bowl with a Corn Muffin

Red Pepper Hummus Platter **V**

Turkey and Swiss Melt

Carrots **LG** & Roasted Potatoes

Apples & Peaches

WEDNESDAY

Buffalo Chicken Mac & Cheese
Mac & Cheese **V**

Red Pepper Hummus Platter **V**

Spicy Chicken Flatbread

Cucumbers & Carrots **LG**

Bananas & Berry Cups

FRIDAY

Chili Garlic Popcorn Chicken Lo Mein

Chili Garlic Veggie Nugget Lo Mein

Fish n' Chips

Roasted Chick Peas & Red Peppers

Apples & Bananas

TUESDAY

Lowell Grande Nachos

Kickin' Bean Nachos **V**

Pretzel & Cheese Platter **V**

Turkey Bahn Mi

Kickin' Beans & Broccoli

Oranges & Apples

THURSDAY

Black Bean, Pork, & Plantain Rice Bowl

Black Bean & Plantain Rice Bowl **V**

Pretzel & Cheese Platter **V**

Chicken Tender Basket

Green Beans & Carrots **LG**

Pears & Fresh Fruit Cup

All Lunches Must Include

Choice of:

Fruits and/or

Vegetable

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Powering potential.

Weekly
Special:

Salad of the Week Special

Thai Sweet Chili Chicken Salad **LG**

Sandwich of the Week Special

Chipotle Chickpea Sub

Daily Serve

MYO Salads and Bowls

Grab and Go Salads **LG**

Grab and Go Sandwiches

Yogurt Parfait

Chicken Patty

Hamburger

Veggie Burger

Pizza Station

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Fruits and/or

Vegetable

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Lowell High School LUNCH MENU

Week 2: October 9-13

MONDAY

No School
Indigenous People Day

TUESDAY

Cook's Favorite Meal

Arroz Con Pollo

Black Bean and Rice Bowl **V**

Chocolate Hummus Platter **V**

Meatball Sub

Street Corn Salad & Carrots **LG**

Clementines & Apples

WEDNESDAY

Cook's Favorite Meal

Penne Bolognese with a Breadstick

Penne Parm with a Breadstick **V**

Pretzel & Cheese Platter **V**

Green Monsta Pizza

Roasted Broccoli & Carrots **LG**

Bananas & Berry Cups

THURSDAY

LTO: Egg Roll in a Bowl

Chocolate Hummus Platter **V**

Chicken Nugget Basket

Celery Sticks & Kale Ceasar Salad

LG

Pears & Fresh Fruit Cup

FRIDAY

Cook's Favorite Meal

Drumsticks with a Dinner Roll

Veggie Nuggets with a Dinner Roll **V**

Pretzel & Cheese Platter **V**

Fish Tacos

Red Pepper Strips & Side Salad **LG**

Apples & Bananas

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Salad of the Week Special

Summer Berry Salad with Chicken **LG**

Sandwich of the Week Special

Turkey Club Wrap

Daily Serve

MYO Salads and Bowls

Grab and Go Salads **LG**

Grab and Go Sandwiches

Yogurt Parfait

Chicken Patty

Hamburger

Veggie Burger

Pizza Station

All Lunches Must Include Choice of:

Fruits and/or

Vegetable

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October 2023

Lowell High School LUNCH MENU

Week 3: October 16-20

MONDAY

French Toast Sticks with Chicken
Sausage or Vegetarian Sausage **V**
Fruit & Yogurt Platter **V**
Sausage, Egg, and Cheese Melt
Tater Tots & Roasted Butternut
Squash

WEDNESDAY

Chicken Parm with Penne
Veggie Nugget Parm with Penne **V**
Fruit & Yogurt Platter **V**
BBQ Chicken Flatbread
Oven Roasted Green Beans &
Carrots **LG**
Bananas & Berry Cups

FRIDAY

Tomato Soup with a Bread Stick **V**
Fruit & Yogurt Platter **V**
Fish Po' Boy
Red Pepper Strips & Side Salad **LG**
Apples & Bananas

TUESDAY

Beef Taco
Black Bean Taco **V**
Red Pepper Hummus Platter **V**
Steak and Cheese Sub
Garbanzo Bean Salad & Fiesta
Corn
Oranges & Apples

THURSDAY

Beef & Broccoli with Fried Rice
General Tso Tofu with Fried Rice **V**
**HOTM: Baked Cinnamon Pear
Parfait **V****
Chicken Tender Basket
Broccoli & Carrots **LG**
Pears & Fresh Fruit Cup

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Asian Chicken Salad **LG**

Sandwich of the Week Special

Italian Deli Wrap with Provolone

Daily Serve

MYO Salads and Bowls

Grab and Go Salads **LG**

Grab and Go Sandwiches

Yogurt Parfait

Chicken Patty

Hamburger

Veggie Burger

Pizza Station

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Fruits and/or

Vegetable

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October 2023

Lowell High School LUNCH MENU

Week 4: October 23-27

MONDAY

Chicken Biryani

Chickpea Biryani **V**

Pretzel & Cheese Platter **V**

BBQ Pork Sandwich

Broccoli & Carrots **LG**

Apples & Pears

TUESDAY

Chicken Fajitas

Black Bean Taco **V**

Charcuterie Platter

Turkey Jack with BaBoom Sauce

Roasted Chickpeas & Cucumbers

Clementines & Apples

WEDNESDAY

Shepherd's Pie with a Dinner Roll

Vegetarian Nugget Bowl with a

Dinner Roll **V**

Pretzel & Cheese Platter **V**

Spicy Chicken Flatbread

Corn & Carrots **LG**

Bananas & Berry Cup

THURSDAY

Chicken & Vegetable Dumplings

Edamame Dumplings **V**

Charcuterie Platter

Nashville Hot Chicken

Green Beans & Carrots **LG**

Pears & Fresh Fruit Cup

FRIDAY

Chicken Broccoli Penne Alfredo

Broccoli Penne Alfredo **V**

Pretzel & Cheese Platter **V**

Fish N' Chips

Red Pepper Strips & Side Salad **LG**

Apples & Bananas

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Grab and Go Sandwiches

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Hamburger

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Pizza Station

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Lowell High School LUNCH MENU

Week 5: October 30-November 3

MONDAY

Lok Lak with Rice
General Tso Tofu Steak with Rice **V**
Fruit & Yogurt Platter **V**
Monte Cristo Sandwich
Side Salad **LG** & Green Beans
Apple & Pears

WEDNESDAY

Pasta Primavera with a Breadstick
V
Fruit & Yogurt Platter **V**
Green Monsta' Pizza **V**
Cucumber & Carrots **LG**
Bananas & Berry Cups

FRIDAY

Oven Baked Chicken Wings with a
Dinner Roll
Fruit & Yogurt Platter **V**
Fish Tacos
Celery & Carrots **LG**
Apples & Banana

TUESDAY

Pork Carnitas Taco
Black Bean Taco **V**
Chocolate Hummus Platter **V**
Chicken Dipper Basket
Roasted Butternut Squash &
Broccoli
Blood Oranges & Apples



THURSDAY

Cheesy Potato Breakfast Bake
Cheese Omelet with a Corn Muffin **V**
Chocolate Hummus Platter **V**
Chicken Nugget Basket
Roasted Veggies & Green Beans
Pears & Fresh Fruit Cup

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