



Salad of the Week:  
**Summer Berry Salad  
 w/ Chicken and  
 Flatbread**

Sandwich of the Week:  
**Turkey Club Wrap**

Weekly  
 Special:

**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.**

Powering potential.



October 2024

**LOWELL HIGH SCHOOL  
 LUNCH MENU**

Week 1: September 30-October 4

**MONDAY**

French Toast Stick w/ Chicken Sausage  
 French Toast w/ Veggie Sausage **V**

Greek Salad with Flatbread  
 Fiery Jalapeño Cheddar Burger

Tater Tots & Roasted Butternut Squash  
 Apples & Peaches

**WEDNESDAY**

**National Apple Day!**  
 Chicken Parm w/ Penne  
 Veggie Nugget Parm w/ Penne **V**

Greek Salad w/ Flatbread  
 Kielbasa Sub w/ Peppers and Onions

Oven Roasted Green Beans & Carrots **LG**  
 Apples & Berry Cups

**FRIDAY**

Chili w/ Corn Bread

Greek Salad w/ Flatbread  
 Grill Fish Po Boy

Red Pepper Strips & Side Salad  
 Apples & Bananas

**TUESDAY**

**World Vegetarian Day!**  
 Kickin' Bean Taco **V**  
 Beef Taco w/ Tortilla

Yogurt & Fruit Power Pack  
 Rainbow Flatbread

Garbanzo Bean Salad & Fiesta Corn  
 Bananas & Oranges

**THURSDAY**

General Tso Popcorn Chicken w/ Fried Rice  
 General Tso Veg Nuggets w/ Fried Rice **V**

Yogurt & Fruit Power Pack  
 Chicken Tender Basket

Broccoli & Carrots **LG**  
 Pears & Fresh Fruit Cups

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

This institution is an equal opportunity providers



# October 2024

## LOWELL HIGH SCHOOL LUNCH MENU

Week 2: October 7-11

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

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### MONDAY

Chicken & Veg Dumplings w/ Veggies  
Edamame Dumplings w/ Veggies V

Kale Chicken Caesar w/ Flatbread LG  
Buffalo Chicken Flatbread

Broccoli & Carrots LG  
Apples & Pears

### TUESDAY

Chicken Fajita with Tortilla  
Black Bean Taco V

Pizza Platter  
Grilled Turkey & Jack Cheese w/ Boom  
Sauce

Roasted Chickpeas & Cucumbers  
Clementines & Apples

### WEDNESDAY

Shepherd's Pie w/ Dinner Roll  
Veggie Nuggets Bowl w/ Dinner Roll V

Kale Chicken Caesar w/ Flatbread LG  
Buffalo Chicken Flatbread

Corn & Carrots LG  
Bananas & Berry Cups

### THURSDAY

Wally's Boomin' Nachos  
Wally's Boomin' Bean Nachos V

Pizza Platter  
Nashville Hot Chicken

Green Beans & Carrots LG  
Pears & Fresh Fruit Cups

### FRIDAY

Chicken Broccoli Alfredo w/ Penne  
Broccoli Alfredo w/ Penne V

Kale Chicken Caesar w/ Flatbread LG  
Fish Po Boy

**Chicken Sausage Pizza!!**

Red Pepper Strips & Side Salad  
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:  
***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

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October 2024

**LOWELL HIGH SCHOOL  
LUNCH MENU**

**National School Lunch Week**

Week 3: October 14-18

**MONDAY**

**NO SCHOOL**

**INDIGENOUS PEOPLE  
DAY!**

**TUESDAY**

Lowell Grande Nachos  
Chipotle Cheesy Bean Nachos V

Pretzel Platter  
Meatball Sub

Kickin' Beans & Corn  
Clementines & Apples

**WEDNESDAY**

Buffalo Chicken  
Mac and Cheese  
Mac and Cheese V

Pretzel Platter  
Chicken Nugget Basket

Roasted Veggies & Green Beans  
Fresh Fruit Cups & Pears **HOTM**

**FRIDAY**

Chicken Wing Bar  
Falafel Bowl V

Asian Chicken Salad w/ Flatbread  
Fish Tacos

Red Pepper Strips & Roasted Chickpeas  
Apples & Bananas

**THURSDAY**

**LTO:**  
**Cheesy Chorizo Enchilada Bake**  
**Cheesy Bean Enchilada Bake V**

Fruit & Yogurt Platter  
Asian Chicken Salad w/ Flatbread

Cucumbers & Carrots LG  
Bananas & Berry Cup

All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
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# October 2024

## LOWELL HIGH SCHOOL LUNCH MENU

### Week 4: October 21-25



Salad of the Week:  
**Harvest Grain Salad Bowl  
w/ Balsamic Dressing**

Sandwich of the Week:  
**Moroccan Harissa Wrap**

Weekly  
Special:

**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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Powering potential.™



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### MONDAY

Country Chicken Bowl w/ Corn Muffin  
Country Veg Nugget Bowl w/ Corn Muffin V

Ham Chef Salad w/ Flatbread LG  
Turkey & Swiss Melt

Roasted Potatoes & Carrots LG  
Apples & Peaches

### WEDNESDAY

Waffles w/ Pear Compote and Chicken  
Sausage **HOTM**

Ham Chef Salad w/ Flatbread LG  
Chicken Gyro  
Falafel Gyro V

Cucumbers & Carrots LG  
Bananas & Berry Cup

### FRIDAY

General Tso's Chicken w/ Fried Rice  
General Tso's Tofu w/ Fried Rice V

Fish n' Chips

Red Pepper Strips & Side Salad  
Apples & Bananas

### TUESDAY

**Walking Taco Tuesday!**  
Beef and Cheese Walking Taco  
Cheesy Bean Walking Taco V

Bagel Power Pack  
Turkey Bahn Mi

Kickin' Beans & Fiesta Corn  
Clementines & Apples

### THURSDAY

Pork, Black Bean & Plantain Rice Bowl  
Black Bean & Plantain Rice Bowl V

Bagel Power Pack  
Chicken Tender Basket

Green Beans & Carrots LG  
Pears & Fruit Cups

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:  
**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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**aramark**  
STUDENT  
NUTRITION



October 2024

# LOWELL HIGH SCHOOL LUNCH MENU

Week 5: October 28-November 1

## MONDAY

Chicken Drumstick w/ Dinner Roll  
  
Chicken Caesar w/ Flatbread **LG**  
Hot Italian Melt  
  
Pickled Cucumbers & Waffle Fries  
Apples & Pears

## WEDNESDAY

Lok Lak  
Gen Tso Tofu with Rice **V**  
  
Chicken Caesar w/ Flatbread  
Green Monsta Flatbread  
  
Roasted Chickpea & Carrots **LG**  
Bananas & Berry Cup

## FRIDAY

Soup of Day with Bosco Sticks  
  
Chicken Caesar w/ Flatbread  
Fish Tacos  
  
Red Pepper Strips & Side Salad  
Apples & Bananas

## TUESDAY

Chicken Salsa Verde & Cheese Tamales  
Two Cheese and Green Chili Salsa Tamales **V**  
  
Chocolate Hummus  
Meatball Sub  
  
Street Corn Salad & Carrots **LG**  
Clementines & Apples

## THURSDAY

**HAPPY HALLOWEEN!!**  
Chili Garlic Popcorn Chicken Lo Mein  
Garlic Tofu Lo Mein **V**  
  
Chocolate Hummus  
Nashville Hot Chicken  
  
Celery Sticks & Kale Caesar Salad **LG**  
Blood Oranges & Fruit Cups  
All Lunches Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk

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