



Weekly
Special:

Salad of the Week:
Chicken BLT Salad

Sandwich of the Week:
Turkey Club Wrap

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.



November 2024

**LOWELL HIGH SCHOOL
LUNCH MENU**

Week 1: November 4-8

MONDAY

LTO: Fall Brunch Plate

Pancakes with Pear Cranberry Compote with
Chicken Sausage
Or Vegetarian Sausage **V**

Greek Salad with Flatbread **LG**
Fiery Jalapeno Cheddar Burger
Tater Tots & Roasted Butternut Squash
Apples & Oranges

WEDNESDAY

Chicken Parm with Penne
Veggie Nugget Parm w/ Penne **V**

Greek Salad with Flatbread **LG**
Chicken & Salsa Verde Tamales

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

FRIDAY

Chili with Tortilla Chips
Vegetarian Bean Chili with Tortilla
Chips **V**

Street Corn & Chorizo Pizza
Greek Salad with Flatbread **LG**
Fish Po' Boy
Red Pepper Strips & Side Salad
Apples & Bananas

TUESDAY

**ELECTION DAY
NO SCHOOL**



THURSDAY

General Tso Popcorn Chicken & Fried Rice
General Tso Veg Nuggets & 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





Weekly
Special:

Salad of the Week:
*Asian Chicken Salad
w/ Flatbread*

Sandwich of the Week:
*Italian Deli Wrap with
Provolone Cheese*

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.



November 2024

**LOWELL HIGH SCHOOL
LUNCH MENU**

Week 2: November 11-15

MONDAY

**VETERAN'S DAY
NO SCHOOL**



WEDNESDAY

TexMex Frittata with a Warm Biscuit

Kale Chicken Caesar w/ Flatbread **LG**

Kielbasa Sub w/ Peppers & Onions

Corn & Carrots **LG**

Bananas & Berry Cups

FRIDAY

Chicken Broccoli Alfredo w/ Penne

Broccoli Alfredo w/ Penne **V**

Green Monsta Pizza HOTM

Kale Chicken Caesar w/ Flatbread **LG**

Fish Po' Boy

Red Pepper Strips & Side Salad

Apples & Bananas

TUESDAY

MAC N' CHEESE DAY!
Baked Mac n' Cheese **V**

Pizza Platter
Grilled Turkey & Jack Cheese w/ Boom
Sauce

Roasted Chickpeas & Cucumbers
Clementines & Apples

THURSDAY

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

Pizza Platter
Nashville Hot Chicken

Green Beans & Carrots **LG**
Pears & Fresh Fruit Cups

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

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Salad of the Week:
Kale Caesar w/ Chicken and Chickpeas

Sandwich of the Week:
Chicken Caprese on Ciabatta

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.



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STUDENT NUTRITION



November 2024

LOWELL HIGH SCHOOL LUNCH MENU

Week 3: November 18-22

MONDAY

Ramen Bar!

Asian Chicken Salad with Flatbread **LG**
Philly Chicken Cheesesteak Sub

Side Salad **LG** & Green Beans
Apples & Pears

WEDNESDAY

WAFFLE WEDNESDAY!

Jumbo Waffles w/ Chicken Sausage
Or Vegetarian Sausage **V**

Fruit & Yogurt Platter
Asian Chicken Salad with Flatbread

Cucumbers & Carrots **LG**
Bananas & Berry Cups

FRIDAY

Chicken Wing Bar
Falafel Bowl **V**

Asian Chicken Salad with Flatbread
Fish Tacos

Red Pepper Strips & Roasted Chickpeas
Apples & Bananas

TUESDAY

Lowell Grande Nachos
Chipotle Cheesy Bean Nachos **V**

Pretzel Platter
Meatball Sub

Kickin' Beans & Corn
Clementines & Apples

THURSDAY

Thanksgiving Dinner

Roasted Turkey with Gravy
Mashed Potatoes
Stuffing

Roasted Local Butternut Squash **LG**
Apple Crisp

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

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November 2024

LOWELL HIGH SCHOOL LUNCH MENU

Week 4: November 25-29

MONDAY

Country Chicken Bowl w/ Dinner Roll
Country Veg Nugget Bowl w/ Dinner Roll **V**

Ham Chef Salad with Flatbread **LG**
Turkey & Swiss Melt

Roasted Potatoes & Carrots **LG**
Apples & Pears

TUESDAY

PIZZA-PALOOZA!!!
Variety of Pizzas to Pick From!

Chicken Tender Basket

Kickin' Beans & Fiesta Corn
Clementines & Apples

WEDNESDAY

EARLY RELEASE

NO LUNCH SERVED

THURSDAY

NO SCHOOL

**HAPPY
THANKSGIVING!**



FRIDAY

**NO
SCHOOL**

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

Weekly
Special:

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

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

Menus are subject to change.

Powering potential.

