



Weekly Special:

Salad of the Week:
Harvest Grain Salad Bowl
With Balsamic Vinaigrette

Sandwich of the Week:
Chicken Caesar Salad



November 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 1: November 3-7

Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Chicken Patty

Hamburger/Cheeseburger, Veggie Burger

Grill Station

The Rotating Quick Bite Station

Powering potential.

MONDAY

Cheesy Popcorn Chicken Bowl
Cheesy Veggie Nugget Bowl V

Red Pepper Hummus Platter
Turkey & Swiss Melt

Cucumbers & Chickpea Salad
Apples & Pears

WEDNESDAY

Lasagna Roll Up with Dinner Roll

Red Pepper Hummus Platter
Spicy Chicken Flatbread

Broccoli & Carrots LG
Bananas & Berry Cups

FRIDAY

Waffles & Chicken Sausage
Veggie Nuggets w/ Dinner Roll V

Red Pepper Hummus Platter
Spicy Chicken Flatbread

Red Pepper Strips & Side Salad
Apples & Bananas

TUESDAY

NO SCHOOL!

ELECTION DAY!!

THURSDAY

Beef & Broccoli w/ Rice
General Tso Tofu w/ Rice V

Pretzel & Cheese Platter
Chicken Tender Basket

Roasted Potatoes & Celery Sticks
Pears & Fresh Fruit Cups

All Lunches Must Include
Choice of:

Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

Breakfast and Lunch are Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a Fruit and/or Vegetable with each lunch.
All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
*Menus are subject to change.

V = Vegetarian | **LG = Locally Grown**
LTO = Limited Time Offer | **HOTM = Harvest of the Month**

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





Weekly Special:

Salad of the Week:
Southwest Chicken Salad
With Tortilla Chips &
Jalapeno Salsa Ranch

Sandwich of the Week:
Chipotle Chickpea Sub



November 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 2: November 10-14

Monday

Chicken Dumpling w/ Mixed Veggies
Edamame Dumpling w/ Mixed Veggies V

Fruit & Yogurt Platter
Italian Melt

Pickled Cucumbers & Corn
Apples & Pears

WEDNESDAY

Cheese Ravioli with Dinner Roll

Fruit & Yogurt Platter
Fish Tacos

Oven Roasted Broccoli & Carrots LG
Bananas & Berry Cups

FRIDAY

Chicken Drumstick with Dinner Roll
Veggie Nuggets with Dinner Roll V

Fruit & Yogurt Platter
Italian Melt

Red Pepper & Side Salad
Apples & Bananas

TUESDAY

NO SCHOOL!!

HAPPY VETERAN'S DAY!!

THURSDAY

LTO: GOCHUJANG HOT HONEY
CHICKEN SANDWICH

Pizza Platter
Nashville Hot Chicken

Green Beans & Tater Tots
Pears & Fresh Fruit Cup

All Lunches Must Include
Choice of:

Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Chicken Patty

Hamburger/Cheeseburger, Veggie Burger

Grill Station

The Rotating Quick Bite Station

Powering potential.

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Weekly Special:

Salad of the Week:
Kale Caesar with
Chicken and Chickpeas

Sandwich of the Week:
Turkey Club Wrap



November 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 3: November 17-21

Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Chicken Patty

Hamburger/Cheeseburger, Veggie Burger

Grill Station

The Rotating Quick Bite Station

Powering potential.

MONDAY

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

Fruit and Yogurt Platter
Sausage Egg Cheese Melt

Tater Tots & Hot Honey Carrot Fries
Apples & Pears

WEDNESDAY

Buffalo Chicken Mac n' Cheese w/ Dinner Roll
Mac n' Cheese w/ Dinner Roll V

Fruit and Yogurt Platter
Fish Po' Boy

Broccoli & Roasted Chickpeas
Bananas & Berry Cups

FRIDAY

Soup of the Day with Bosco Sticks

Fruit & Yogurt Platter
BBQ Chicken Flatbread

Red Pepper Strips & Side Salad LG
Apples & Bananas

TUESDAY

Beef Taco
Kickin' Bean Taco V

Red Pepper Hummus Platter
Steak & Cheese Subs

Street Corn Salad & Cucumbers
Oranges & Apples

THURSDAY

THANKSGIVING DINNER:
Roasted Turkey w/ Gravy
Mashed Potatoes
Stuffing
Roasted Butternut Squash LG
Dinner Roll
Apple Crisp

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Weekly Special:

Salad of the Week:
Chicken Bacon & Ranch Salad

Sandwich of the Week:
Italian Deli Wrapped in Wheat Tortilla w/ Provolone

Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Chicken Patty

Hamburger/Cheeseburger, Veggie Burger

Grill Station

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Powering potential.



MONDAY

Mini Maple Pancakes w/ Cheese Omelet

Pizza Platter
Sausage Egg Cheese Melt

Broccoli & Carrots LG
Apples & Pears

WEDNESDAY

EARLY DISMISSAL!
NO LUNCH!!

ENJOY YOUR THANKSGIVING BREAK!

FRIDAY

NO SCHOOL!!

THANKSGIVING BREAK!

November 2025

LOWELL HIGH SCHOOL LUNCH MENU

Week 4: November 24-28

TUESDAY

Buffalo Chicken Dip w/ Tortillas
Chickpea Buffalo Dip w/ Tortillas V

Yogurt Dip Platter
Steak & Cheese Sub

Roasted Chickpeas & Cucumbers
Oranges & Apples

THURSDAY

NO SCHOOL!!

HAPPY THANKSGIVING!

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Choice of:

Fruits and/or Vegetable
And May Include:
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