



# October 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: September 29-October 3

### Weekly Special:

**Salad of the Week:**  
Harvest Grain Salad Bowl  
with Balsamic Vinaigrette

**Sandwich of the Week:**  
Chicken Caesar Salad

### 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 – Yogurt Bar!

*Powering potential.*

### Monday

Cheesy Popcorn Chicken Bowl  
Cheesy Veggie Nugget Bowl V

Red Pepper Hummus Platter  
Turkey & Swiss Melt

Cucumbers and Chickpea Salad  
Apples & Pears

### WEDNESDAY

World Vegetarian Day!  
Mac n' Cheese V

Red Pepper Hummus Platter  
Rainbow Veggie 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

Turkey Barbacoa  
Kickin' Bean Taco V

Pretzel & Cheese Platter  
Philly Chicken Cheesesteak

Street Corn Salad & Carrots LG  
Oranges & Apples

### THURSDAY

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

Pretzel & Cheese Platter  
Chicken Tender Basket

Roasted Potatoes & Celery  
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

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## Weekly Special:

**Salad of the Week:**  
**Southwest Chicken Salad**  
**W/ Tortilla Chips &**  
**Jalapeno Salsa Ranch**

**Sandwich of the Week:**  
**Chipotle Chickpea Sub**



# October 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: October 6-10

### 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 – Yogurt Bar!

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## MONDAY

Chicken Dumplings with Mixed Veggies  
 Edamame Dumplings with Mixed Veggies V

Fruit & Yogurt Platter  
 Italian Melt

Pickled Cucumbers & Corn  
 Apples & Pears

## WEDNESDAY

Early Release!!

## ASSORTED GRAB N' GO OPTIONS!

## FRIDAY

Chicken Drumsticks with Dinner Roll  
 Veggie Nuggets with Dinner Roll V

Fruit & Yogurt Platter  
 Italian Melt

Red Pepper Strips & Side Salad  
 Apples & Bananas

## TUESDAY

Arroz con Pollo

Pizza Platter  
 Meatball Sub

Kickin' Beans & Carrots  
 Oranges & Apples

## THURSDAY

Chili Garlic Popcorn Chicken w/ Lo Mein  
 Chili Garlic Veggie Nuggets w/ Lo Mein V

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



# October 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: October 13-17

**Weekly  
Special:**

**Salad of the Week:**  
Kale Caesar w/ Chicken  
And Chickpeas

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

### 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 – Yogurt Bar!

*Powering potential.*

### MONDAY

**NO School!**

**Indigenous People Day!!**

### WEDNESDAY

**National School Lunch Week!**

Laurie's American Chop Suey

Fruit & Yogurt Platter  
Fish Po' Boy

Broccoli & Roasted Butternut Squash  
Bananas & Berry Cups

### FRIDAY

**LUCKY TRAY DAY!!!**

Loaded Baked Potato w/ Biscuit  
Broccoli & Cheese Baked Potato w/ Biscuit

Fruit & Yogurt Platter  
BBQ Chicken Flatbread

Red Pepper Strips & Side Salad LG  
Apples & Bananas

### TUESDAY

Beef Taco  
Kickin'n Bean Taco V

Red Pepper Hummus Platter  
Steak & Cheese Subs

Street Corn Salad & Cucumbers  
Oranges & Apples

### THURSDAY

**LTO: Smoked Sausage & Cheesy Potato Soup  
with Soft Pretzel Dippers!**

Red Pepper Hummus Platter  
Chicken Tenders Basket

Oven Roasted Chickpeas & Carrots LG  
Pears & Fresh Fruit Cups

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Choice of:**

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And May Include:  
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**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.**

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# October 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: October 20-24

### Weekly Special:

**Salad of the Week:**  
Chicken Bacon &  
Ranch Salad

**Sandwich of the Week:**  
Italian Deli on 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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## MONDAY

Mini Maple Pancakes w/ Cheese Omelet

Pizza Platter

Sausage Egg & Cheese Melt

Broccoli & Carrots LG

Apples & Pears

## WEDNESDAY

Lasagna Roll Ups w/ Garlic Bread

Pizza Platter

Fish Po' Boy

Corn & Roasted Cauliflower

Bananas & Berry Cups

## FRIDAY

Buffalo Chicken Mac & Cheese

Buffalo Mac & Cheese V

Pizza Platter

BBQ Chicken Flatbread

Red Pepper Strips & Side Salad LG

Apples & Bananas

## TUESDAY

Buffalo Chicken Dip with Tortillas  
Chickpea Buffalo Dip with Tortillas V

**HOTM: The Perfect Pear Power Pack**  
Steak & Cheese Sub

Roasted Chickpeas & Cucumbers  
Oranges & Apples

## THURSDAY

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

**HOTM: The Perfect Pear Power Pack**  
Chicken Tenders Basket

Green Beans & Carrots LG  
Pears & Fresh Fruit Cups

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**Choice of:**

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**And May Include:**  
**1% Low-Fat Milk**



# October 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: October 27-31

**Weekly  
Special:**

**Salad of the Week:**  
Asian Chicken Salad with  
Whole Wheat Flatbread

**Sandwich of the Week:**  
Vegetable Wrap

### 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 – Yogurt Bar!

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## MONDAY

Chicken Wing Bar with Dinner Roll  
Veggie Nuggets with Dinner Roll V

Charcuterie Platter  
Montecristo Sandwich

Waffle Fries & Pickled Cucumbers  
Apples & Pears

## WEDNESDAY

Cheese Raviolis w/ Garlic Bread

Charcuterie Platter  
Fish Tacos

Roasted Broccoli & Carrots LG  
Bananas & Berry Cups

## FRIDAY

**HAPPY HALLOWEEN!** Beef Chili w/ Corn Muffin  
Vegetarian Chili w/ Corn Muffin

Charcuterie Platter  
Green Monsta Flatbread

Red Pepper Strips & Side Salad LG  
Orange Slices & **Orange Side Kicks!**

## TUESDAY

Lowell Grande Nachos  
Lowell Grande Bean Nachos V

Red Pepper Hummus Platter  
Chicken Parm Sub

Kickin' Beans & Sweet Potato Fries  
Oranges & Apples

## THURSDAY

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

Red Pepper Hummus Platter  
Chicken Nuggets Basket

Green Beans & Roasted Veggies  
Pears & Fresh Fruit Cups

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