



Weekly Special:

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

Salad of the Week:  
**Thai Sweet Chili Chicken Salad**

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.



  
**aramark**  
STUDENT  
NUTRITION



# May 2024

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: May 6-10

### MONDAY

Chili Garlic Popcorn Chicken Lo Mein  
Chili Garlic Veggie Nugget Lo Mein **V**

Pretzel & Cheese Platter  
Hot Italian Melt

Pickled Cucumbers & Waffle Fries  
Apple & Pears

### WEDNESDAY

Buffalo Chicken Mac & Cheese  
Mac & Cheese both w/ Breadstick **V**

Pretzel & Cheese Platter  
Green Monsta Flatbread

Roasted Broccoli & Carrots **LG**  
Bananas & Berry Cup

### FRIDAY

Drumstick w/ Corn Muffin  
Veggie Nuggets w/ Corn Muffin **V**

Pretzel & Cheese Platter  
Fish Tacos

Red Pepper Strips & Side Salad  
Apples & Bananas

### TUESDAY

**National Walking Taco Day!**  
Corn Fritos, Beef, Cheese, Salsa,  
Sour cream, Scallions

Chocolate Hummus  
Meatball Sub

Street Corn Salad & Carrots **LG**  
Clementines & Apples

### THURSDAY

**New Item**

**Pastelon with Rice**

Chocolate Hummus  
Nashville Hot Chicken

Plantains & Kale Caesar Salad **LG**  
Pears & Fresh Fruit Cup

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

This institution is an equal opportunity providers



# May 2024

## LOWELL HIGH SCHOOL LUNCH MENU

### Week 3: May 20-24

Weekly  
Special:

Sandwich of the Week:  
*Italian Deli Wrap w/ Provolone*

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

#### 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.™



### MONDAY

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

Pretzel & Cheese Platter  
BBQ Pork Sandwich

Broccoli & Carrots **LG**  
Apple & Pears

### WEDNESDAY

Shepherd's Pie w/ Corn Muffin  
Veggie Nugget Bowl w/ Corn Muffin **V**

Pretzel & Cheese Platter  
Spicy Chicken Flatbread

Corn & Carrots **LG**  
Bananas & Berry Cup

### FRIDAY

Chicken Broccoli Penne Alfredo  
Broccoli Penne Alfredo **V**

Fish n' Chips

Red Pepper Strips & Side Salad  
Apples & Bananas

### TUESDAY

Chicken Fajita w/ Tortillas  
Black Bean Tacos **V**

Charcuterie Platter  
Turkey Jack w/ Boom Sauce

Roasted Chickpeas & Cucumbers  
Clementines & Apples

### THURSDAY

#### Memorial Day Cookout!

BBQ Bacon Burger

BBQ Spicy Black Bean Burger **V**

Charcuterie Platter  
Nashville Hot Chicken

Potato Salad & Corn on the Cob  
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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May 2024

**LOWELL HIGH SCHOOL  
LUNCH MENU**

Week 2: May 13-17

Weekly  
Special:

Sandwich of the Day:  
*Turkey Club Wrap*

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

**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.



**MONDAY**

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

Fruit and Yogurt Platter  
Sausage and Cheese Melt

Tater Tots & Butternut Squash  
Apples and Pears

**WEDNESDAY**

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

Fruit and Yogurt Platter  
BBQ Chicken Flatbread

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

**FRIDAY**

Chili with Corn Muffin

Fish Po' Boy

Red Pepper Strips & Side Salad  
Apples & Bananas

**TUESDAY**

Beef Taco with Tortilla  
Black Bean Taco **V**

Red Pepper Hummus Platter  
Steak and Cheese Sub

Chickpea Salad & Fiesta Corn  
Oranges & Apples

**THURSDAY**

**LTO Limited Time Offer**  
Tropical Chicken Bowl  
Tropical Tofu Bowl **V**

Red Pepper Hummus Platter  
Chicken Tender Basket with  
Corn Muffin

Broccoli & 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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Weekly  
Special:

Sandwich of the Week:  
*Chicken Caprese on Ciabatta*

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

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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May 2024

# LOWELL HIGH SCHOOL LUNCH MENU

Week 4: May 27-31

## MONDAY

**NO SCHOOL**

**HAPPY  
MEMORIAL  
DAY!**

## WEDNESDAY

**HOTM**  
**Locally Fished**

Teriyaki Glazed Salmon with Rice Pilaf  
and Seasonal Veggies

Fruit & Yogurt Platter  
Green Monsta Flatbread

Cucumbers & Carrots **LG**  
Bananas & Berry Cup

## FRIDAY

Chicken Wing Bar with a Dinner Roll  
Vegetable Nugget Bar with Dinner Roll

Fish Tacos

Carrots **LG** & Celery  
Apples & Bananas

## TUESDAY

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

Chocolate Hummus Platter  
Meatball Sub

Kickin' Beans & Broccoli  
Oranges & Apples

## THURSDAY

Baked Potato Bar with Corn Muffin

Chocolate Hummus Platter  
Chicken Nugget Basket

Roasted Veggies & Green Beans **LG**  
Pears & Fresh Fruit Cup

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

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