

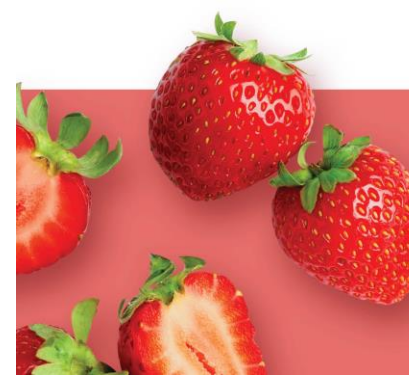


## MIDDLE LUNCH MENU



### Harvest of the Month (HOTM) Peach Tomato Salsa

MON	TUES	WED	THURS	FRI
<b>WELCOME BACK</b>	<b>HAVE A GREAT YEAR!</b>	31 -Buffalo Chicken Mac and Cheese V -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots Bananas & Apples	1 -General Tso's Chicken with Fried Rice -General Tso's Tofu Steak with Rice V -Pizza Cruncher V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	2 <b>LABOR DAY RECESS</b>  <b>NO SCHOOL</b>
5 <b>LABOR DAY</b>  <b>NO SCHOOL</b>	6 <b>PRIMARY ELECTION</b>  <b>NO SCHOOL</b>	7 -Chicken Parm with Penne -Pizza Crunchers V -Greek Salad with Flatbread LG V -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots Bananas & Apples	8 -Szechuan Chicken with Rice -Szechuan Tofu with Rice -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	9 -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
12 -Loaded Baked Potato and Corn Muffin -Hamburger & Cheeseburger -Broccoli Cheddar Loaded Baked Potato and Dinner Roll V -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Broccoli & Carrots Apples and Pears	13 -Tater Tot Beef Nacho (Totchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter V -Chicken Caesar Wrap -Kickin Beans & Broccoli Clementines & Apples	14 -Shepherd's Pie with Dinner Roll -Fish and "Chips" with Coleslaw, Dinner Roll and Tartar Sauce -Vegetarian Nuggets and "Chips" with Coleslaw, Dinner Roll V -Chef Salad with Flatbread LG -Ham & Cheese Sandwich -Cucumber & Carrots Bananas & Apples	15 -Chicken & Vegetable Dumplings with Fried Rice -General Tso's Tofu Steak with Fried Rice V -Meatball Sub -Pizza Platter V -Chicken Caesar Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	16 -Cheese Pizza V -BBQ Chicken Pizza -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Red Pepper Strips & Side Salad Apples & Bananas
19 -Chicken & Waffle with Maple Gravy -Pizza Crunchers V -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Maple Carrots & Green Beans Apples & Pears	20 -Chicken Carnitas Taco with 6" Tortilla Wrap -Black Bean Burger V -Hamburger & Cheeseburger -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Kickin Beans & Broccoli Oranges & Apples	21 -Penne Bolognese with Parmesan -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumbers & Carrots Bananas & Apples	22 -Chicken Tikka Masala with Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Green Beans & Carrots Pears & Fresh Fruit Cup	23 -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
26 -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread LG V -Meatball Sub -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Maple Carrots & Tater Tots Apples & Peaches	27 -Beef nachos with Tortilla Chips -Kickin Bean Nachos with Tortilla Chips -Bagel Power Pack V -Moroccan Harissa Wrap -Kickin Beans & Broccoli Oranges & Strawberries	28 -Lok Lak with Rice -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumbers & Carrots Bananas & Apples	29 -Chili Garlic Popcorn Chicken Lo Mein -Pizza Cruncher V -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots Strawberries & Fresh Fruit Cup	30 -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad Apples & Bananas



Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact [foodservices@lowell.k12.ma.us](mailto:foodservices@lowell.k12.ma.us)  
Offered Daily: 1 % and Skim Milk and Fresh Fruit

Menu is subject to change.

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