



October

Lowell Public Schools

Middle School Lunch Menu

All kids 18 and under eat at no cost!

*All sandwiches, wraps & subs are whole grain

Served Daily: Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich
LG = Locally Grown!
V = Vegetarian!

Food & Nutrition Office: 978-674-2049
 Follow us on:

Instagram: lpsdfoodandnutrition

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*Menus are subject to change and will be posted when available

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MONDAY

4

- Macaroni & Cheese **V**
- Chicken Caesar Salad w/Roll **LG**
- Turkey Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Apple, and Tomato Wedges

11

No School

18

- Country Fried Steak with Gravy & Whole Grain Roll
- Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Apple, Garden Salad & Tomato Slices **LG**

25

- Shepherds Pie with Mashed Potato and Corn
- Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain **LG**
- Served with Milk, Apple & Spinach Salad

1

- Chicken Drumstick with Tater Tots & Carrots
- Crispy Chicken with Lettuce & Tomato on a Whole Grain Bun
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Served with Milk, Apple & Tater Tots and Carrots

TUESDAY

5

- Cheeseburger with Lettuce & Tomato on Whole Grain Bun **LG**
- Tuna Sandwich w/Lettuce & Tomato **LG**
- Ham Chef Salad with Whole Grain Flatbread **LG**
- Served with Milk Orange and Roasted Corn

12

- Beef Tortilla Bowl with Whole Grain Brown Rice
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Romanesco Turkey Sub with Lettuce on Whole Grain Bread **LG**
- Served with Milk, Orange and Seasoned Corn

19

- Chicken & Spaghetti Carbonara with Whole Grain Roll
- Cheeseburger with Lettuce & Tomato **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Chicken Salad Platter w/Lettuce & Tomato **LG**
- Served with Milk, Orange, and Roasted Carrots

26

- Crispy Orange Chicken & Broccoli with Brown Rice
- Cheeseburger with Lettuce & Tomato **LG**
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Chicken Salad Platter w/Lettuce & Tomato **LG**
- Served with Milk Fruit Cup and Broccoli

2

- Chicken Parm Pasta with Roasted Broccoli & Carrot
- Cheeseburger with Lettuce & Tomato **LG**
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Orange & Roasted Vegetables

WEDNESDAY

6

- Chicken Tikka Masala
- Chicken Salad Sandwich w/Lettuce & Tomato on Whole Grain Bread **LG**
- Sesame Chicken Noodle Salad **LG**
- Served with Milk, Banana and Broccoli

13

- Chicken & Broccoli Alfredo
- Tuna Salad Sandwich w/Lettuce & Tomato on Whole Grain Bread **LG**
- Chef Salad with Ham with Whole Grain Flatbread **LG**
- Served with Milk, Banana and Seasoned Carrots

20

- Garlic Chicken Lo Mein with Fresh Vegetables
- Spicy Chicken Sandwich with Lettuce & Tomato on Whole Wheat
- Popcorn Chicken Salad w/Flatbread **LG**
- Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Banana and Fresh Broccoli

27

- Baked Potato with Cheese & Ham Whole Grain Roll
- Spicy Chicken Sandwich with Lettuce & Tomato on Whole Grain
- Beef Taco Salad with Tortilla Chips
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Banana and Red Pepper Strips

3

- BBQ Pork Rib Sandwich with Slaw and Red Pepper Strips
- Spicy Chicken Sandwich with Lettuce & Tomato on Whole Grain
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Banana & Red Pepper Strips

THURSDAY

7

- Beef Nachos with Campfire Beans
- Chicken Caesar Salad **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Seasonal Fruit Cup and Carrots & Kickin' Beans

14

- BBQ Rib Sandwich with Lettuce & Tomato **LG**
- Chef Salad w/Ham w/Flatbread **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Fresh Strawberries and Kickin Beans

21

- General Tso's Chicken & Vegetables with Yellow Rice
- Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Season Fruit Cup and Baby Carrots

28

- Macaroni & Cheese **V**
- Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Hummus Salad w/Flatbread **V**
- Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Orange, and Corn & Carrots

4

- Beef & Cheddar Bowl with Gravy & Mashed Potato
- Chicken Tenders with Whole Grain Roll
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Peach Slices & Celery Sticks

FRIDAY

8

- Cheese Pizza **V**
- Pepperoni Pizza
- Turkey Sandwich w/Lettuce & Tomato on whole Grain Bread **LG**
- Chicken Salad Platter with Lettuce & Tomato **LG**
- Served with Milk, Apple, and Local Garden Salad **LG**

15

- Cheese Pizza **V**
- Chili Lime Beef Pizza
- Chef Salad with Egg and Whole Grain Flatbread **LG V**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk, Apple, and Local Garden Salad **LG**

22

- Cheese Pizza **V**
- White Pizza with Sausage
- Chef Salad with Egg & Whole Grain Flatbread **LG V**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk, Apple and Cucumber & Baby Carrots

29

- Cheese Pizza **V**
- Chicken & Pepper Popper Pizza
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Chef Salad with Egg & Whole Grain Flatbread **LG V**
- Served with Milk, Apple and Side Salad

5

- Cheese Pizza **V**
- Beef Mexican Pizza
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk Fresh Fruit and Side Salad **LG**