



# STEM Academy Lunch Menu January 2022

**3**

- Whole Wheat Pancakes with Turkey Sausage
- Chicken Patty Sandwich with Lettuce and Tomato **LG**
- Greek Chicken Salad with Whole Grain Flatbread **LG**
- Turkey and Cheese Sub w/Lettuce & Tomato **LG**
- Served with Milk, Apple and Spinach Salad or Tator Tots

**4**

- Orange Popcorn Chicken with Broccoli over Brown Rice
- Cheeseburger with Lettuce and Tomato **LG**
- Greek Chicken Salad with Whole Grain Flatbread **LG**
- Turkey & Cheese Sub w/Lettuce & Tomato **LG**
- Served with Milk, Orange, and Broccoli

**5**

- Country Chicken Bowl with Corn
- Chicken Nuggets with a WG Roll
- Ham & Cheese Sub with Lettuce & Tomato on whole grain Bread **LG**
- Chef Salad with Egg and Whole Grain Flatbread **LG**
- Served with Milk, Banana and Red Pepper Strips

**6**

- Beef Nachos with Salsa
- Chicken Patty Sandwich on WG roll
- Ham & Cheese Sub with Lettuce & Tomato on whole grain Bread **LG**
- Crispy Chicken Caesar with Whole Grain Flatbread **LG**
- Served with Milk, Orange Slices and Beans and Corn

**7**

- Cheese Pizza
- Served with Milk, Banana and Side Salad

**10**

- French Toast Sticks with Turkey Sausage
- Chicken Patty Sandwich with Lettuce and Tomato **LG**
- Ham & Cheese with Lettuce & Tomato on whole grain Bread **LG**
- Yogurt Platter **V**
- Served with Milk, Apple & Tater Tots and Carrots

**11**

- Chicken Parm Pasta with Roasted Vegetables
- Cheeseburger with Lettuce and Tomato **LG**
- Chicken Ranch Salad with Whole Grain Flatbread **LG**
- Chicken Caesar on Whole Grain Wrap **LG**
- Served with Milk Fresh Fruit & Roasted Vegetables (Broccoli & Carrots)

**12**

- Chicken Yakisoba with Snow Peas
- Chicken Nuggets with a WG Roll
- Pretzel Power Pack with Yogurt **V**
- Chicken Salad Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Orange & Red Pepper Strips

**13**

- Beef Nachos with Salsa
- Chicken Patty Sandwich on WG roll
- Chicken Ranch Salad with Whole Grain Flatbread **LG**
- Turkey & Cheese Sub with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Apples and Snow Peas

**14**

- Cheese Pizza
- Served with Milk, Apple and Local Garden Salad **LG**

**17**

## MLK JR. DAY

## No School

**18**

- Country Chicken Bowl with Whole Grain Dinner Roll
- Cheeseburger with Lettuce and Tomato **LG**
- Ham Chef Salad with Whole Grain Flatbread **LG**
- Chicken Salad Sandwich with Lettuce & Tomato on WG Bread **LG**
- Served with Milk, Orange Slices and Roasted Corn

**19**

- Breakfast for Lunch with Local Baked Apples - **HOTM**
- Chicken Nuggets with a WG Roll
- Bagel Platter with Cheese & Yogurt **V**
- Tuna Salad Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Banana and Carrots and Beans

**20**

- Chicken Tikka Masala with Garlic Rice
- Chicken Patty Sandwich on WG roll
- Popcorn Chicken Salad with Whole Grain Flatbread
- Ham & Cheese Sandwich with Lettuce & Tomato **LG**
- Served with Milk, Seasonal Fruit Cup and Baby Carrots & Bean Salad

**21**

- Cheese Pizza
- Served with Milk, Apple, and Local Garden Salad **LG**

**24**

- BBQ Chicken & Cheddar Baked Potato
- Chicken Patty with Lettuce and Tomato
- Ham and Cheese, Lettuce & Tomato on Whole Grain Bread
- Hummus & Vegetable Salad
- Served with Milk, Apple and Broccoli

**25**

- Chicken Nuggets with Whole Grain Dinner Roll
- Cheeseburger with Lettuce and Tomato **LG**
- Santa Fe Turkey Wrap with Lettuce & Tomato **LG**
- Chicken Caesar with Whole Grain Flatbread **LG**
- Served with Milk, Orange Slices and Red pepper Strips, Peas

**26**

- Beef Tortilla Bowl with Whole Grain Rice
- Chicken Nuggets with a Whole Grain Roll
- Santa Fe Turkey Wrap with Lettuce & Tomato **LG**
- Chicken Caesar with Whole Grain Flatbread **LG**
- Served with Milk, Beans, Corn ,Broccoli

**27**

- Spaghetti Bolognese
- Chicken Patty Sandwich on WG roll
- Fruit & Yogurt Power Pack
- Santa Fe Turkey Wrap with Lettuce & Tomato **LG**
- Served with Milk, Fresh Strawberries and Side salad

**28**

- Cheese Pizza
- Served with Milk, Apple, and Local Garden Salad **LG**

**31**

- Chicken Broccoli Alfredo
- Cheeseburger with Lettuce and Tomato **LG**
- Turkey & Cheese Sandwich w/Lettuce & Tomato **LG**
- Pretzel & Yogurt Power Pack **V**
- Served with Milk, Apple, and Broccoli

**1**

- Shepard's Pie with Gravy with WG roll
- Chicken Patty Sandwich with Lettuce and Tomato **LG**
- Garden Salad with Tuna and Whole Grain Flatbread **LG** **V**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Orange Slices and Roasted Carrots

**2**

- Garlic Chicken Lo Mein
- Chicken Nuggets with a WG Roll
- Chef Salad with Ham and Whole Grain Flatbread **LG**
- BBQ Chicken Wrap with Lettuce & Tomato **LG**
- Served with Milk, Banana and Snow Peas

**3**

- Beef Picadillo with Cilantro Lime Rice
- Chicken Patty Sandwich on WG roll
- Chef Salad with Ham and Whole Grain Flatbread **LG**
- BBQ Chicken Wrap with Lettuce & Tomato **LG**
- Served with Milk, Seasonal Fresh Fruit Cup and Spiced Black Bean and Corn

**4**

- Cheese Pizza
- Served with Milk, Apple and Cucumber & Carrot Slices

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions  
**Check out our accounts on Social Media:**  
**LPSD- Food & Nutrition**  
**Instagram: lpsdfoodandnutrition**

### \*Sun Butter & Jelly Offered Daily\*

Fresh Fruit offered daily  
 Milk: Skim, 1% White

**All students eat at no cost!**

\*Menus are subject to change\*

**LG** Locally Grown

**V** Vegetarian