



Satellite Lunch Menu January 2022

3

- Whole Wheat Pancakes with Turkey Sausage
- 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
- 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
- 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
- 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
-
- 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
- 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

- Limited Time Offer: Mediterranean Grain Bowl
- 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 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
- 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**
- 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
- 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
- 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
- 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
- Santa Fe Turkey Wrap with Lettuce & Tomato ^{LG}
- Chicken Caesar with Whole Grain Flatbread ^{LG}
- Served with Milk, Beans, Corn ,Broccoli

27

- Spaghetti Bolognese
- 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
- 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
- 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
- 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
- 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](https://www.instagram.com/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