

Stem Academy Lunch Menu September 2021



30

No School

31

-Turkey and Cheese Sandwich with Lettuce and Tomato **LG**

-Fruit and Yogurt Platter **V**

Served with Fresh Apple, Baby Carrots and Milk

1

-Ham and Cheese Wrap with Lettuce and Tomato **LG**

-Pizza Platter with Red Pepper Strips

Served with Pear, Red Pepper Slices and Milk

2

-Italian Sandwich with Lettuce and Tomato **LG**

-Chicken Salad Platter with Lettuce and Tomato

Served with Banana, Broccoli and Milk

3

No School

6

No School

7

-Turkey and Cheese Sandwich with Lettuce and Tomato **LG**

-Fruit and Yogurt Platter **V**

Served with Fresh Apple, Baby Carrots and Milk

8

-Ham and Cheese Wrap with Lettuce and Tomato **LG**

-Chicken Taco Platter

Served with Pear, Red Pepper Slices and Milk

9

-Italian Sandwich with Lettuce and Tomato **LG**

-Tuna Salad Platter with Lettuce and Tomato **LG**

Served with Banana, Broccoli and Milk

10

-Cheese Pizza **V**

-Ranch Chicken Salad **LG**

Served with Apple, Snap Peas and Milk

13

- Crispy Chicken Sandwich w/Lettuce & Tomato **LG**

-Turkey & Cheese Sandwich w/Lettuce & Tomato **LG V**

- Pretzel & Yogurt Power Pack **V**

- Served with Milk, Apple and Local Salad with Tomato Wedges

14

- Beef Sloppy Joe Sandwich on Whole Grain Bread

- Garden Salad with Tuna and Whole Grain Flatbread **LG**

- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**

- Served with Milk, Orange Slices and Roasted Carrots

15

- General Tso's Chicken over Rice

-Beef Taco salad and Local Peach & Tomato Salsa **HOTM LG**

- BBQ Chicken Wrap with Lettuce & Tomato **LG**

- Served with Milk, Banana and Broccoli

16

- Beef Nachos with Kickin Beans & Corn

- Turkey & Cheese Sandwich with Lettuce & Tomato **LG**

- Popcorn Chicken Salad with Whole Grain Flatbread **LG**

- Served with Milk, Seasonal Fresh Fruit Cup and Kickin Beans

17

- Cheese Pizza **V**
- Pepperoni Pizza

-Fruit & Yogurt Platter

- Turkey & Cheese Wrap with Lettuce & Tomato **LG**

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

20

- Whole Wheat Pancakes with Turkey Sausage

- Make Your Own Pizza Platter

- Chicken Salad Sandwich with Lettuce & Tomato **LG**

- Served with Milk, Apple and Spinach Salad

21

- Crispy Orange Chicken with Broccoli over Brown Rice

- Greek Chicken Salad with Whole Grain Flatbread **LG**

- Ham & Cheese Sub w/Lettuce & Tomato **LG**

- Served with Milk, Orange and Broccoli

22

- Baked Potato with Cheese & Ham with Whole Grain Roll

- Chicken Salad 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

23

- Cheeseburger with Lettuce & Tomato on a whole grain Bun **LG**

- Ham & Cheese Sub with Lettuce & Tomato on whole grain Bread **LG**

- Crispy Chicken Caesar w/Flatbread **LG**

- Served with Milk, Orange Slices and Corn

24

- Cheese Pizza **V**
- Pepperoni Pizza

- Chef Salad with Egg & Whole Grain Flat Bread **LG V**

- Bagel Power Pack **V**

- Served with Milk, Apple and Little Leaf Side Salad **LG**

27

- 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

28

- 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)

29

- Crispy Chicken Santa Fe Bowl with Rice

- Pretzel Power Pack with Yogurt **V**

- Chicken Salad Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**

- Served with Milk, Orange & Red Pepper Strips

30

- Beef Nachos with Black Beans

- Chicken Ranch Salad with Whole Grain Flatbread **LG**

- Turkey & Cheese Sub with Lettuce & Tomato on Whole Grain Bread **LG**

- Served with Milk, Apples and Celery Sticks & Black Beans

1

- Cheese Pizza **V**
- Pepperoni Pizza

- Popcorn Chicken Salad with Whole Grain Flatbread **LG**

- Honey Mustard Chicken Wrap with Lettuce & Tomato on Whole Grain Bread **LG**

- Served with Milk, Banana and Side Salad

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions

Look out for our **Harvest of the Month** sampling!



Sun Butter & Jelly Offered Daily

Fresh Fruit offered daily
Milk: Skim, 1% White

LG Locally Grown

All students eat at no cost!

V Vegetarian

Menus are subject to change

