




Stem Academy School Lunch Menu

October 2019

<p>30</p> <p>Chicken & Peas Carbonara Veggie Hummus Plate v Turkey & Cheese Sandwich</p> <p>Peas, Carrots Apples, Bananas, Juice</p>	<p>1</p> <p>Country Chicken Bowl W/ Dinner Roll Veggie Hummus Plate Turkey & Cheese Sandwich</p> <p>Mixed Veg, Butternut Squash Oranges, Apples</p>	<p>2</p> <p>Cheeseburger Veggie Hummus Plate v Turkey & Cheese Sandwich</p> <p>Sweet Pot Fries, Mixed Veg Bananas, Pears</p>	<p>3</p> <p>Beef Nachos Veggie Hummus Plate Grilled cheese and Pear</p> <p>Pinto Beans, Corn Pears, Applesauce Harvest of the month: pears!</p>	<p>4</p> <p>Cheese Pizza v Veggie Hummus Plate v Turkey & Cheese Sandwich</p> <p>Garden Romaine Salad, Carrots Oranges, Pineapple, Juice</p>
<p>7</p> <p>Fish Sticks w/ Dinner Roll Fruit & Cheese Platter v Tuna Salad Sandwich v</p> <p>Mixed Vegetables, Broccoli Apples, Bananas, Juice</p>	<p>8</p> <p>Pancakes v W/ Sausage Patty OR Egg & Yogurt Popcorn Chicken Salad Tuna Salad Sandwich v</p> <p>Butternut Squash, Oranges, Apples</p>	<p>9</p> <p>Macaroni and cheese chicken Bowl Fruit & Cheese Platter v Tuna Salad Sandwich</p> <p>Peas, Carrots Bananas, Pears</p>	<p>10</p> <p>BBQ Chicken Sandwich Popcorn Chicken Salad Tuna Salad Sandwich v</p> <p>Corn, Spinach Peaches, Applesauce Eat the rainbow Day! Try a yellow or Green Vegetable.</p>	<p>11</p> <p>Cheese Pizza v Fruit & Yogurt Plate v Tuna Salad Sandwich v</p> <p>Garden Romaine Salad, Carrots Apples, Oranges, Juice</p>
<p>14</p> <p>No School— Columbus Day</p>				
<p>15</p> <p>French Toast and Sausage Popcorn Chicken Salad Turkey & Cheese Wrap</p> <p>Romaine Salad, Butternut Squash Oranges, Peaches</p>	<p>16</p> <p>Shepard's Pie Popcorn Chicken Salad Turkey & Cheese Wrap</p> <p>Broccoli, Carrots Bananas, Apples</p>	<p>17</p> <p>Southwestern Chicken Bowl Turkey & Cheese Wrap Popcorn chicken Salad Peas , Mixed Vegetable Peach, Applesauce National Pasta Day!</p>	<p>18</p> <p>Cheese Pizza v Popcorn Chicken Salad Turkey & Cheese Wrap</p> <p>Garden Romaine Salad, Carrots Oranges, Peaches, Juice</p>	
<p>21</p> <p>Chicken Patty Sandwich Tuna Salad on Garden Salad Chicken Salad Sandwich</p> <p>Sweet Potato Fries, Mixed Veg Apples, Bananas, Juice</p>	<p>22</p> <p>Pasta with Meat Sauce Tuna Salad on Garden Salad v Chicken Salad Sandwich</p> <p>Butternut Squash, Peas Apples, Oranges</p>	<p>23</p> <p>Bagel Breakfast Sandwich Tuna Salad on garden Salad Chicken Salad Sandwich</p> <p>Corn, Red Peppers Bananas, Pears</p>	<p>24</p> <p>Soft Beef Tacos Tuna Salad on Garden Salad Chicken Salad Sandwich</p> <p>Pinto Beans, Green Beans Pears, Applesauce</p>	<p>25</p> <p>Cheese Pizza v Fruit & Cheese Platter v Chicken Salad Sandwich</p> <p>Garden Romaine Salad, Carrots LG Oranges, Peaches, Juice</p>
<p>28</p> <p>Teriyaki Chicken W/ Broccoli & Rice Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Broccoli, Red Peppers Bananas, Oranges</p>	<p>29</p> <p>Pancakes v W/ Sausage Patty OR Eggs Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Mixed Veg, Butternut Squash Oranges, Apples</p>	<p>30</p> <p>Beef, Rice & Bean Bowl Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Beans, Green Beans Bananas, Pears</p>	<p>31</p> <p>Sloppy Joes Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Kale, Peas Pears, Applesauce</p>	

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
v Vegetarian

All students eat at no cost!

Menus are subject to change