



Greater Lowell Technical High School



Off The Grill

Juicy Beef Hamburger, Cheeseburger, Bacon Cheeseburger
Grilled "all beef" hotdog
Steak and Cheese
BBQ Pulled Pork
served on whole grain buns



Kickin' Chicken

Whole Grain Breaded Chicken Patty
Whole Grain Breaded Spicy Chicken Patty
served on whole grain buns
Crispy Baked Chicken Drumstick and Potato Wedges
Whole Grain Breaded, Baked Chicken Tenders and Fries
served with whole grain dinner roll



Italian Bites

Meatball Parm
Chicken Parm
served on whole grain bun
Calzones
Crunchy Baked Mozzarella Pizza Bites
served with a side of marinara dipping sauce



Straight from the Pizza Oven

Cheese Pizza
Pepperoni Pizza
Pepper and Onion Pizza



Tex-Mex Taco Bar

Choice of Beef, Chicken or Pork
Whole Grain Tortilla Chips or Whole Grain Nacho Doritos
Topping Include:
rice, black beans and corn, warm queso, salsa, sour cream,
shredded lettuce, jalapenos, black olives



The Yogurt Shop

Vanilla or Strawberry Non-Fat Yogurt
Fruit Choices include:
Strawberries, Blueberries, Peaches, Mixed Fruit
Topped with whole grain rich granola

All meals include fruit,
vegetable and milk



A variety of fresh fruits
and vegetables are
offered daily



Milk choices include
1% White and
Low-Fat Chocolate



When possible, we will
source locally grown
produce





"Between the Bread" Grab n Go Deli

Ham and Cheese Sandwich, Turkey and Cheese Sandwich
Bologna and Cheese Sandwich, Roast Beef Sandwich
Egg Salad Sandwich, Chicken Salad Sandwich
Peanut butter and Jelly Sandwich
Tuna Sub, Italian Sub
Chicken Caesar Wrap, Buffalo Chicken Wrap
pickle, onion, tomato, lettuce available with all sandwiches



Salad Bowls

Garden Salad (choose a protein)
Chicken Caesar Salad
Buffalo Chicken Salad
"Grilled" Chicken on Greens
all salads served with a whole grain dinner roll



Lunchbox Mania

Hummus, cheese, flatbread, veggies and fruit
Peanut Butter, pretzels, veggies and fruit
Muffin, Yogurt, Cheese and fruit
Tostitos, Cheese, Salsa, Veggies and Fruit



Daily Specials

Monday – Grilled Cheese Sandwich
Tuesday – Grilled Panini
Wednesday – Pasta Palooza
Thursday – Chefs Choice
Friday – Filet of Fish Sandwich

**A Variety of Gluten Free and Vegetarian
Options Offered Daily**

ALL STUDENTS RECEIVE
FREE BREAKFAST
AND LUNCH THIS YEAR

ADDITIONAL ITEMS
ARE AVAILABLE FOR
PURCHASE

WATER
RF BAKED CHIPS
WHOLE GRAIN RF COOKIES
ICE CREAM

Please contact the
food service department
for questions or additional
information at
978-441-4915 or email
Dpetruzzella@gltech.org

For questions regarding
myschoolbucks.com
please contact
Elizabeth Partridge at
978-441-4917 or email
Epartridge@gltech.org

Daily Breakfast Offerings

Sausage, Egg and Cheese Bagel, Egg and Cheese Bagel,
Breakfast Pizza, Waffles, Pancakes, French Toast,
Cinnamon Buns, Assorted Cereals and Cereal Bars,
Nutri Grain Bars, Muffins, Bagels, Granola Bars, Yogurt Parfaits

Assorted Fresh Fruit and 100% Fruit Juice, 1% White and Fat-Free Chocolate Milk Offered with Every Meal



This institution is an equal opportunity provider.