

# 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

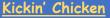
# All meals include fruit, vegetable and milk



A variety of fresh fruits and vegetables are offered daily



Milk choices include 1% White and Low-Fat Chocolate



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



When possible, we will source locally grown produce



#### 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











#### "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 Fridav – 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.