



Weekly Special:

Salad of the Week:
Kale Caesar with Chicken
And Chickpeas

Sandwich of the Week:
Italian Deli Wrap with
Provolone Cheese



October 2026

LOWELL HIGH SCHOOL LUNCH MENU

Week 1: October 5-9

Daily Serves:

MYO Salads and Bowls • Grab N' Go Salads • Grab N' Go Parfait • Chicken Patty • Hamburger • Cheeseburger • Veggie Burger • Cheese Pizza • Pepperoni Pizza
NEW! Baskets from the Grill Station
Mac n' Cheese Bites • Chicken Drumstick • Chicken Tenders • Pizza Crunchers
The Rotating Quick Bite Station

Powering potential.

MONDAY

Cheesy Popcorn Chicken Bowl with Roll
Veggie Burger V

Pizza Platter
Sausage, Egg & Cheese Croissant

Roasted Broccoli & Carrot Sticks
Applesauce & Pears

WEDNESDAY

Early Release!!

Grab n' Go of the Day
Crispy Chicken Sandwiches

FRIDAY

Chicken Wing Bar

Pizza Platter
Green Monsta Flatbread

Side Salad & Carrots LG
Apples & Bananas

TUESDAY

Lowell Grande Nacho
Black Bean Nacho

Yogurt Dip Platter
Philly Chicken Sub

Fiesta Corn & Cucumbers
Oranges & Apples

THURSDAY

LTO: Southwest Crunch Burger!

Yogurt Dip Platter
Nashville Hot Chicken Sandwich

Roasted Green Beans & Sweet Potato Fries
Fresh Fruit Cups & Pears

**All Lunches Must Include
Choice of:**

**Fruits and/or Vegetable
And May Include:**
1% Low-Fat Milk

Breakfast and Lunch are Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a Fruit and/or Vegetable with each lunch.
All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
*Menus are subject to change.

V = Vegetarian | **LG = Locally Grown**
LTO = Limited Time Offer | **HOTM = Harvest of the Month**

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





October 2026

LOWELL HIGH SCHOOL LUNCH MENU

Week 2: October 12-16

**Weekly
Special:**

Salad of the Week:
Asian Chicken Salad with
Flatbread

Sandwich of the Week:
Vegetable Wrap

Daily Serves:

MYO Salads and Bowls • Grab N' Go Salads • Grab N' Go
Parfait • Chicken Patty • Hamburger • Cheeseburger •
Veggie Burger • Cheese Pizza • Pepperoni Pizza
NEW! Baskets from the Grill Station
Mac n' Cheese Bites • Chicken Drumstick •
Chicken Tenders • Pizza Crunchers
The Rotating Quick Bite Station

Powering potential.

MONDAY

NO SCHOOL
**Happy Indigenous
Peoples' Day!**

WEDNESDAY

Chicken Broccoli Alfredo
Broccoli Alfredo **V**

Charcuterie Platter
White Cheese, Tomatoes and Herb Calzone

Celery Sticks & Carrot Sticks **LG**
Bananas & Berry Cups

FRIDAY

LUCKY TRAY DAY!
Beef Chili with Corn Muffin
Vegetarian Chili with Corn Muffin **V**

Charcuterie Platter
Fish Tacos

Red Pepper Strips & Side Salad **LG**
Apples & Bananas

TUESDAY

Buffalo Chicken Dip
Buffalo Chickpea Dip **V**

Red Pepper Hummus Platter
Meatball Sub

Tater Tots & Cucumber Slices
Oranges & Apples

THURSDAY

Teriyaki Popcorn Chicken with Fried Rice
Teriyaki Veggie Nugget with Fried Rice **V**

Red Pepper Hummus Platter
Jalapeno Popper Burger

Edamame & Broccoli
Pears & Fresh Fruit Cups

**All Lunches Must Include
Choice of:**
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

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LOWELL HIGH SCHOOL LUNCH MENU

Week 3: October 19-23

**Weekly
Special:**

Salad of the Week:
Harvest Grain Salad Bowl
With Balsamic Dressing

Sandwich of the Week:
Chicken Caesar Wrap

Daily Serves:

MYO Salads and Bowls • Grab N' Go Salads • Grab N' Go Parfait • Chicken Patty • Hamburger • Cheeseburger • Veggie Burger • Cheese Pizza • Pepperoni Pizza
NEW! Baskets from the Grill Station
Mac n' Cheese Bites • Chicken Drumstick • Chicken Tenders • Pizza Crunchers
The Rotating Quick Bite Station

Powering potential.

MONDAY

Chicken Dumplings with Mixed Veggies
Edamame Dumplings with Mixed Veggies **V**

Pretzel and Cheese Platter
Hot Dog

Steamed Edamame & Carrot Sticks **LG**
Applesauce & Pears

WEDNESDAY

Penne Bolognese with Breadstick
Penne Marinara with Breadstick

Pretzel & Cheese Platter
Turkey Chorizo and Cheese Calzone

Garlic Parmesan Green Beans & Celery
Bananas & Berry Cups

FRIDAY

Beef Gyro Bowl with Spicy Tzatziki

Pretzel & Cheese Platter
Montecristo

Red Pepper Strips & Side Salad **LG**
Apples & Bananas

TUESDAY

Arroz con Pollo

HOTM: The Perfect Pear Parfait
Ham & Cheese Grilled Flatbread

Waffle Fries & Broccoli
Oranges & Apples

THURSDAY

Black Bean, Pork & Plantain Rice Bowl
Black Bean & Plantain Rice Bowl **V**

HOTM: The Perfect Pear Parfait
Chicken Nugget Basket

Kickin' Beans & Carrot Sticks **LG**
Pears & Fresh Fruit Cups

All Lunches Must Include
Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk

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All meals are served with the Option of Milk.
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
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Weekly Special:

Salad of the Week:
Southwest Chicken Salad
With Tortilla Chips &
Jalapeno Salsa Ranch

Sandwich of the Week:
Chipotle Chickpea Sub



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LOWELL HIGH SCHOOL LUNCH MENU

Week 4: October 26-30

Daily Serves:

MYO Salads and Bowls • Grab N' Go Salads • Grab N' Go
Parfait • Chicken Patty • Hamburger • Cheeseburger •
Veggie Burger • Cheese Pizza • Pepperoni Pizza
NEW! Baskets from the Grill Station
Mac n' Cheese Bites • Chicken Drumstick •
Chicken Tenders • Pizza Crunchers
The Rotating Quick Bite Station

Powering potential.

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Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.
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MONDAY

Esohoe's Jollof Rice and Popcorn Chicken

Fruit & Yogurt Platter
Italian Melt

Roasted Chickpeas & Carrots LG
Apples & Pears

WEDNESDAY

Baked Cheese Enchilada V

Fruit & Yogurt Platter
Bruschetta Chicken Calzone

Tater Tots & Celery Sticks
BLOOD ORANGES & Berry Cups

FRIDAY

Loaded Baked Potato with Biscuit
Broccoli Cheddar Baked Potato with Biscuit

Fruit & Yogurt Platter
Fish Stick Basket

Orange Pepper Strips & Side Salad LG
SPOOKY SLUSHIES & Bananas

TUESDAY

Chicken Bacon Ranch Pasta
Jalapeno Poppers V

Pizza Platter
Chicken Parm Sub

Fiesta Corn & Broccoli
Oranges & Apples

THURSDAY

Zesty Orange Popcorn Chicken with Lo Mein
Zesty Orange Veggie Nuggets with Lo Mein V

Pizza Platter
Turkey Club

Parmesan Carrot Fries & Cucumbers
Apple & Bananas

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Choice of:
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And May Include:
1% Low-Fat Milk