



November 2026

LOWELL HIGH SCHOOL LUNCH MENU

Week 1: November 2-6

**Weekly
Special:**

**Salad of the Week:
Chicken BLT Salad**

**Sandwich of the Week:
Turkey Club 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 Broccoli Alfredo with Dinner Roll
Broccoli Alfredo with Dinner Roll V

Fruit and Yogurt Platter
Hot Dog

Tater Tots & Cucumbers
Apples & Pears

WEDNESDAY

French Toast Sticks with Chicken Sausage
French Toast with Veggie Sausage V

Fruit and Yogurt Platter
Chicken Bacon Calzone with Hot Honey

Roasted Butternut Squash & Broccoli
Bananas & Berry Cups

FRIDAY

Tomato Soup with Bosco Stick

Fruit and Yogurt Platter
Fish Po' Boy

Red Pepper Strips & Side Salad
Apples & Bananas

TUESDAY

Turkey Barbacoa Tacos
Black Bean Taco V

Red Pepper Hummus Platter
Steak and Cheese Sub

Street Corn Salad & Kickin' Beans
Oranges & Apples

THURSDAY

Gyudon Rice
Veggie Nuggets with Dinner Roll V

Red Pepper Hummus Platter
BBQ Chicken Flatbread

Steamed Edamame & Carrot Sticks
Pears & Fresh Fruit Cups

**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.





Salad of the Week: Kale Caesar with Chicken & Chickpeas



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Week 2: November 9-13

Weekly Special:

Sandwich of the Week: Italian Deli Wrap with Provolone

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 Dinner Roll
Cheesy Veggie Nugget Bowl with Dinner Roll V

Pizza Platter
Sausage, Egg & Cheese on Croissant
Roasted Broccoli & Carrots
Apples & Pears

WEDNESDAY

No School!

HAPPY VETERAN'S DAY!

FRIDAY

Chicken Wing Bar!!

Pizza Platter
Green Monstah Flatbread

Carrot Sticks & HOTM: Kale Chips
Apples & Bananas

TUESDAY

Lasagna Rollups with Garlic Breadstick V

Yogurt Dip Platter
Philly Chicken Sub

Fiesta Corn & Cucumbers
Oranges & Apples

THURSDAY

Loaded Baked Potato with Biscuit

Yogurt Dip Platter
LTO: Pepperoni Calzone with Pizza Ranch

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

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Salad of the Week:
Asian Chicken Salad with
Flatbread

Sandwich of the Week:
Veggie Wrap



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LOWELL HIGH SCHOOL LUNCH MENU

Week 3: November 16-20

**Weekly
Special:**

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

Mini Maple Pancakes with Chicken Sausage
Mini Maple Pancakes with Veggie Sausage V

Charcuterie Platter
Chicken Gyro

Hot Honey Carrot Fries & Broccoli
Apples & Pears

WEDNESDAY

Penne Bolognese with Garlic Stick
Penne Marinara with Garlic Stick V

Charcuterie Platter
White Cheese, Tomatoes & Herbs
Calzone

Celery Sticks & Carrots
Bananas & Berry Cups

FRIDAY

Thanksgiving Meal
Roasted Turkey
Mashed Potatoes
Gravy
Stuffing
Roasted Green Beans
Apple Crisp

TUESDAY

Buffalo Chicken Dip

Red Pepper Hummus Platter
Meatball Parm Sub

Crispy Tater Tots & Pickled Cucumbers
Oranges & Apples

THURSDAY

General Tso Popcorn Chicken w/ Fried Rice

Red Pepper Hummus Platter
Jalapeno Popper Burger

Steamed Edamame & Broccoli
Pears & Fresh Fruit Cups

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Weekly Special:

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

Sandwich of the Week:
Chicken Caesar Wrap



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Week 4: November 23-27

MONDAY

Chicken Dumplings with Veggies
Edamame Dumplings with Veggies V

Pretzel & Cheese Platter
Hot Dog

Steamed Edamame & Carrot Sticks
Apples & Pears

TUESDAY

Arroz con Pollo

Red Pepper Hummus Platter
Turkey Chorizo & Cheese Calzone

Parmesan & Garlic Green Beans and Celery
Pears & Fresh Fruit Cups

WEDNESDAY

Early Release

Have a great Thanksgiving
Break!

THURSDAY

No School!

HAPPY THANKSGIVING

FRIDAY

No School!

HAPPY THANKSGIVING
BREAK!

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Choice of:

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And May Include:
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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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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 5: November 30- December 4

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
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MONDAY

Esohoe's Jollof Rice

Fruit & Yogurt Platter
Italian Melt

Roasted Chickpeas & Carrot Sticks
Apples & Pears

WEDNESDAY

Shepherd's Pie
Waffles with Veggie Sausage V

Fruit & Yogurt Platter
Bruschetta Chicken Calzone

Tater Tots & Celery Sticks
Bananas & Berry Cups

FRIDAY

Around the World Entrée

Fruit & Yogurt Platter
Fish Stick Basket

Red Pepper Strips & Side Salad
Apples & Bananas

TUESDAY

Chicken Bacon Ranch Pasta with Breadstick
Vegetarian Jalapeno Popper Burger V

Pizza Platter
Chicken Parm Sub

Fiesta Corn & Fresh Broccoli
Oranges & Apples

THURSDAY

Popcorn Chicken Lo Mein
Lo Mein with Veggie Nuggets V

Pizza Platter
Turkey Club

Parmesan Carrot Fries & Cucumbers
Pears & Fresh Fruit Cups

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And May Include:
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