









January 2024

Lowell Elementary  
Lunch

**MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
 New Year's Day	Main Meal  <ul style="list-style-type: none"> <li>Emoji Waffles with Mixed Berry Compote or Confetti Pancakes</li> <li>Breakfast Sausages</li> <li>Hash Browns</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Cereal Bag</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Chicken Tenders with Herb Breadstick or Grilled Cheese Sandwich</li> <li>Steamed Peas</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Meatball Parm Sub or Mozzarella Sticks with Whole Wheat Dinner Roll</li> <li>Broccoli Italiano</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Sandwich</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>NY Style Pizza</li> <li>Freshly Prepared Cucumber and Tomato Salad</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Crispy Chicken Salad</li> </ul>

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Main Meal <ul style="list-style-type: none"> <li>Ham &amp; Cheese Melt on a Pretzel Bun or All Natural Beef Hot Dog on a Bun</li> <li>Maple Cinnamon Carrots</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Beef Taco Scoop-A-Bowl with Cheddar Cheese, Lettuce, Tomato and Tortilla Chips or Jamaican Beef Patty</li> <li>Seasoned Refried Beans</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Yogurt and Fruit Bento Box</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Sweet and Sour Popcorn Chicken or Popcorn Chicken</li> <li>Vegetable Fried Rice</li> <li>Sauteed Broccoli</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Chicken Nuggets or Breaded Mini Cheese Ravioli</li> <li>Soft Pretzel Stick</li> <li>Tater Tots</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Muffin &amp; Yogurt Meal</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>NY Style Pizza</li> <li>Three Bean Salad</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> </ul>

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
 MLK Day	Main Meal <ul style="list-style-type: none"> <li>Creamy Mac and Cheese with Herb Breadstick or Grilled Cheese Sandwich</li> <li>Italian Green Beans</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Cereal Bag</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>Egg, Sausage and Cheese on a Croissant or Mini French Toast</li> <li>Seasoned Sweet Potato Waffle Fries</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Cheese Quesadilla or Black Bean &amp; Cheese Empanada</li> <li>Rice and Beans</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Turkey Ham &amp; Cheese Sandwich</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>NY Style Pizza</li> <li>Freshly Prepared Caesar Salad</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Crispy Chicken Salad</li> </ul>

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Main Meal <ul style="list-style-type: none"> <li>Hamburger on a Bun or Cheeseburger on Bun or All Natural Beef Hot Dog on a Bun</li> <li>Emoji Fries</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and Cheese</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Mozzarella Sticks or Mini Cheese Calzones</li> <li>Soft Pretzel Stick</li> <li>Sauteed Broccoli</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Yogurt and Fruit Bento Box</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Triple Turkey Tacos with Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa or Jamaican Beef Patty</li> <li>Black Bean and Corn Salad</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>Buttermilk Pancakes or Emoji Waffles</li> <li>Breakfast Sausages</li> <li>Tater Tots</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Muffin &amp; Yogurt Meal</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>NY Style Pizza</li> <li>Maschio's House Salad</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> </ul>

<b>29</b>	<b>30</b>	<b>31</b>
Main Meal  <ul style="list-style-type: none"> <li>Grilled Cheese Sticks or Breaded Mini Cheese Ravioli</li> <li>Sauteed Broccoli</li> <li>Tomato Soup</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Bagel Bag with Yogurt and</li> </ul>	Main Meal <ul style="list-style-type: none"> <li>Popcorn Chicken with Herb Breadstick or Grilled Chicken on a Bun</li> </ul>  <ul style="list-style-type: none"> <li>Ranch Carrots</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Cereal Bag</li> </ul>	Main Meal  <ul style="list-style-type: none"> <li>French Toast Sticks or Sausage, Egg &amp; Cheese on a Croissant</li> <li>Breakfast Sausages</li> <li>Mini Potato Mashers</li> </ul> Swap Out <ul style="list-style-type: none"> <li>Sunbutter &amp; Jelly Sandwich</li> </ul>

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\*Menu is Subject to Change

Lunch Served with Choice of: Fresh Fruit , Assorted Chilled Fruit , 100% Fruit Juice , Variety of Vegetables from our Harvest Market , 1% White Milk , Fat Free Chocolate Milk , Fat Free White Milk



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