



February 2023

Lowell Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Swap Out

- SunButter and Jelly Sandwich



- Baked Ziti
- Roasted Parmesan Broccoli
- Dinner Roll

2

Swap Out

- Muffin & Yogurt Meal



- Cheeseburger on a Bun or All Natural Beef Hot Dog on a Bun
- Tater Tots
- BBQ Baked Beans

3

Swap Out

- Chicken Caesar Salad



- Cheese Pizza
- Freshly Prepared Garden Salad

6

Swap Out

- Bagel Bag with Yogurt and Cheese



- Grilled Cheese Sandwich or Mozzarella Sticks
- Crinkle Cut French Fries
- Tomato Soup

7

Swap Out

- Cereal Bag



- French Toast Sticks or Egg and Cheese on a Bun
- Breakfast Sausages
- Sweet Potato Fries

8

Swap Out

- SunButter and Jelly Sandwich

- Popcorn Chicken or Cheeseburger on a Bun
- Soft Pretzel Stick
- Emoji Fries
- Three Bean Salad

9

Swap Out

- Turkey Ham & Cheese Sandwich



- Pizza Crunchers or French Bread Pizza
- Spiral Fries
- Broccoli Italiano

10

Swap Out

- Crispy Chicken Salad



- Cheese Pizza
- Freshly Prepared Garden Salad

13

Swap Out

- Bagel Bag with Yogurt and Cheese



- Bacon Cheddar Burger on a Bun or All Natural Beef Hot Dog on a Bun
- Garlic Herb Seasoned Fries
- BBQ Baked Beans

14

Swap Out

- Turkey Ham & Cheese Sandwich



- Whole Grain Waffles or Crispy Chicken Sandwich
- Breakfast Sausages
- Breakfast Potatoes
- Strawberry and Cream Sorbet

15

Swap Out

- SunButter and Jelly Sandwich

- Chicken Nuggets or Cheese Pizza
- Seasoned Sweet Potato Waffle Fries
- Sautéed Green Beans
- Dinner Roll

16



17

Swap Out

- Chicken Caesar Salad



- Cheese Pizza
- Freshly Prepared Garden Salad

20



21

Swap Out

- Cereal Bag



- Buttermilk Pancakes
- Blueberry Compote
- Breakfast Sausages
- Seasoned Potato Wedges

22

Swap Out

- SunButter and Jelly Sandwich



- Cheese Lasagna Roll-Up with Marinara Sauce or Grilled Cheese Sandwich
- Garlic Breadstick
- Broccoli Italiano

23

Swap Out

- Turkey Ham & Cheese Sandwich



- Beef Taco Scoop-A-Bowl or Fiesta Chicken Scoop-A-Bowl
- Steamed Corn
- Salsa
- Sour Cream

24

Swap Out

- Crispy Chicken Salad



- Cheese Pizza
- Freshly Prepared Garden Salad

27

Swap Out

- Bagel Bag with Yogurt and Cheese



- French Toast Sticks with Strawberry Compote
- Breakfast Sausages
- Breakfast Potatoes

28

Swap Out

- Turkey Ham & Cheese Sandwich
- Cheeseburger on a Bun or Crispy Chicken Sandwich
- Spiral Fries
- BBQ Baked Beans

***Menu is Subject to Change**

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



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QUESTIONS OR COMMENTS?
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healthy kids!