



## January 2023

### Lowell Elementary

### Lunch

#### MONDAY

2



No School

#### TUESDAY

3

##### Swap Out

- Turkey Ham & Cheese Sandwich
- Chicken Nuggets
- Spiral Fries
- Dinner Roll

#### WEDNESDAY

4

##### Swap Out

- SunButter and Jelly Sandwich



- Pasta with Meatballs
- Garlic Bread
- Mixed Vegetables

#### THURSDAY

5

##### Swap Out

- Cereal Bag with Yogurt
- All Natural Beef Hot Dog on a Bun
- BBQ Baked Beans

#### FRIDAY

6

##### Swap Out

- Chicken Caesar Salad



- Cheese Pizza
- Cucumber Coins

9

##### Swap Out

- Bagel Bag with Yogurt and Cheese
- Cheeseburger on a Bun
- Sweet Potato Waffle Fries

10

##### Swap Out

- Turkey Ham & Cheese Sandwich
- Grilled Cheese Sandwich
- Chicken Noodle Soup
- Fresh Veggie Dippers

11

##### Swap Out

- SunButter and Jelly Sandwich
- Creamy Mac & Cheese
- Roasted Parmesan Broccoli
- Cinnamon Churro

12

##### Swap Out

- Muffin & Yogurt Meal
- Sweet and Sour Popcorn Chicken
- Vegetable Lo Mein
- Vegetable Egg Roll

13

##### Swap Out

- Turkey and Cheese Sandwich



- Cheese Pizza
- Freshly Prepared Cucumber & Tomato Salad

16



No School

17

##### Swap Out

- Turkey Ham & Cheese Sandwich



- Chicken Fries
- Crinkle Cut French Fries
- Soft Pretzel Stick

18

##### Swap Out

- SunButter and Jelly Sandwich
- Pizza Crunchers
- Mixed Vegetables

19

##### Swap Out

- Cereal Bag with Yogurt



- Sausage, Egg and Cheese on a Bagel
- Breakfast Potatoes

20

##### Swap Out

- Chicken Caesar Salad



- Cheese Pizza
- Fresh Veggie Dippers

23

##### Swap Out

- Bagel Bag with Yogurt and Cheese
- Twisted Cheesy Breadsticks with Marinara Sauce
- Fresh Veggie Dippers

24

##### Swap Out

- Turkey Ham & Cheese Sandwich
- Beef Tacos
- Fiesta Rice & Beans
- Steamed Corn

25

##### Swap Out

- SunButter and Jelly Sandwich
- Chicken Tenders
- Peas and Carrots
- Hartzels Pretzels

26

##### Swap Out

- Muffin & Yogurt Meal



- Buttermilk Pancakes
- Breakfast Sausages
- Breakfast Potatoes

27

##### Swap Out

- Turkey and Cheese Sandwich



- Cheese Pizza
- Green Pepper Strips

30

##### Swap Out

- Bagel Bag with Yogurt and Cheese



- Egg and Cheese on a Croissant
- Maple Cinnamon Sweet Potato Fries

31




##### Swap Out

- Turkey Ham & Cheese Sandwich
- Crispy Chicken Sandwich
- Steamed Corn

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**\*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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