

SEPTEMBER

September 2022

Lowell Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

No School

FRIDAY

2

No School

Labor Day

No School

14

Swap Out

Sandwich

Emoji Waffles

Hash Browns

Swap Out

- SunButter and Jelly Sandwich
- Italian Sampler with Breaded Ravioli, Mozzarella Sticks and Marinara Sauce
- Italian Green Beans

SunButter and Jelly

National Waffle Weel

Mixed Berry Compote

Breakfast Sausages

Swap Out

1

8

- Muffin & Yogurt Meal
- Rodeo Burger on a Bun
- Spiral Fries

9

Swap Out

Turkey and Cheese Sandwich

Pizzn Dar

- Cheese Pizza
- Maschio's House Salad

12

Swap Out

Bagel Bag with Yogurt and • Turkey Ham & Cheese Cheese

meatless Monday

- Grilled Cheese Sandwich . Tomato Soup
- Goldfish Crackers
- Fresh Veggie Dippers

13

Swap Out

Sandwich



- **BBQ** Chicken Cheddar
- Seasoned Sweet Potato Waffle Fries
- Country Coleslaw
- Strawberry Lemonade Sorbet

15

Swap Out

- Cereal Bag with Yogurt
- Crispy Chicken Sandwich
- BBQ Baked Beans
- Corn on the Cob

16

Swap Out

Chicken Caesar Salad

Pizzn Day

- Cheese Pizza
- Freshly Prepared Caesar Salad

19

Swap Out

Bagel Bag with Yogurt and • Turkey Ham & Cheese Cheese

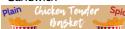


- Creamy Mac & Cheese
- Herb Breadstick
- Sauteed Broccoli

20

Swap Out

Sandwich



- Chicken Tenders with Dipping Sauce
- Soft Pretzel Stick
- Ranch Fries

Swap Out

21

- SunButter and Jelly Sandwich
- Pizza Crunchers with Marinara Sauce
- Fresh Veggie Dippers

22



23

Swap Out

Turkey and Cheese Sandwich



- Cheese Pizza
- Freshly Prepared Garden Salad

26



Rosh Hashanah

27



Rosh Hashanah

28

Swap Out

SunButter and Jelly Sandwich



- Egg, Sausage and Cheese on a Croissant
- Hash Browns

29

Swap Out

- Cereal Bag with Yogurt Pasta with Meat Sauce
- Garlic Breadstick
- Freshly Prepared Spring Mix Sálad

30

Swap Out

Chicken Caesar Salad



- Cheese Pizza
- Freshly Prepared Garden Salad





