


















September 2023

Lowell Elementary
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL No School
4  Labor Day	5 NO SCHOOL No School	6  • Emoji Waffles with Breakfast Sausage or • Sausage, Egg, and Cheese on English Muffin • Hash Browns Swap Out • Sunbutter & Jelly Sandwich	7 • All Natural Beef Hot Dog on a Bun or • Cheeseburger on Bun • BBQ Baked Beans Swap Out • Muffin & Yogurt Meal	8  • NY Style Pizza • Freshly Prepared Caesar Salad Swap Out • Chicken Caesar Salad
11 • Creamy Mac and Cheese or Popcorn Chicken • Garlic Breadstick • Sautéed Broccoli Swap Out • Bagel Bag with Yogurt and Cheese	12  • Triple Turkey Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa or Black Bean & Cheese Empanada • Local Street Corn • Cinnamon Churro Swap Out • Cereal Bag	13 • Meatball Parm Sub or Mozzarella Sticks • Fresh Veggie Dippers Swap Out • Sunbutter & Jelly Sandwich	14  • NY Style Pizza • Freshly Prepared Garden Salad Swap Out • Turkey Ham & Cheese Sandwich	15  Rosh Hashanah
18  • Hamburger on a Bun or Cheeseburger on Bun or Crispy Chicken Sandwich • Sweet Potato Fries Swap Out • Bagel Bag with Yogurt and Cheese	19 • Loaded Tot-Chos or Triple Turkey Tacos with Shredded Cheddar Cheese, Lettuce, Tomato & Salsa • Mini Cornbread Loaf Swap Out • Yogurt and Fruit Bento Box	20 • Chicken Fries or All Natural Beef Hot Dog on a Bun • Sautéed Carrots • Soft Pretzel Stick Swap Out • Sunbutter & Jelly Sandwich	21  • Egg, Sausage and Cheese on a Croissant or Buttermilk Pancakes with Breakfast Sausage • Seasoned Potato Wedges Swap Out • Muffin & Yogurt Meal	22  • NY Style Pizza • Freshly Prepared Cucumber and Tomato Salad Swap Out • Chicken Caesar Salad
25  Yom Kippur	26 • Grilled Cheese Sticks or Crispy Chicken Sandwich • Tomato Soup • Local Cucumber Coins  Swap Out • Cereal Bag	27 • All Natural Beef Hot Dog on a Bun or Creamy Mac and Cheese with Herb Breadstick • Sautéed Broccoli Swap Out • Sunbutter & Jelly Sandwich	28 • Popcorn Chicken Mashed Potato Bowl with Corn, Gravy & Cheese or Cheeseburger on Bun with Tater Tots • Warm Biscuit • Local Fresh Apple  Swap Out • Turkey Ham & Cheese Sandwich	29  • NY Style Pizza  • Local Rainbow Chopped Salad  Swap Out • Crispy Chicken Salad

***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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QUESTIONS OR COMMENTS?

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