



## Weekly Special:

**Salad of the Week:**  
Asian Chicken Salad with  
Whole Wheat Flatbread

**Sandwich of the Week:**  
Vegetable Wrap



# December 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 1: December 1-5

### Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Crispy Chicken Sandwich

Hamburger, Cheeseburger, Veggie Burger

Grill Station

The Rotating Quick Bite Station

Powering potential.

### MONDAY

Chicken Wing Bar with Dinner Roll  
Veggie Nuggets with Dinner Roll V

Charcuterie Platter  
Montecristo Sandwich

Waffle Fries & Pickled Cucumbers  
Apples & Pears

### WEDNESDAY

**EARLY RELEASE!!**

## Assorted Grab n' Go Options

### FRIDAY

Beef Chili with Corn Muffin  
Vegetarian Chili with Corn Muffin

Charcuterie Platter  
Green Monsta Flatbread

Red Pepper Strips & Side Salad  
Apples & Bananas

### TUESDAY

Lowell Grande Nachos  
Lowell Grande Bean Nachos V

Red Pepper Hummus Platter  
Chicken Parm Sub

Kickin' Beans & Sweet Potato Fries  
Oranges & Apples

### THURSDAY

General Tso's Popcorn Chicken w/ Fried Rice  
General Tso Tofu w/ Fried Rice V

Red Pepper Hummus Platter  
Chicken Nuggets Basket

Green Beans & Roasted Veggies  
Pears & Fresh Fruit Cups

All Lunches Must Include  
Choice of:

Fruits and/or Vegetable  
And May Include:  
1% Low-Fat Milk

Breakfast and Lunch are Free for all Students!  
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.  
Students must take a Fruit and/or Vegetable with each lunch.  
All meals are served with the Option of Milk.  
Sunbutter & Jelly Sandwiches and Vegetarian Meals served Daily.  
\*Menus are subject to change.

**V = Vegetarian** | **LG = Locally Grown**  
**LTO = Limited Time Offer** | **HOTM = Harvest of the Month**

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.





## Weekly Special:

**Salad of the Week:**  
Harvest Grain Salad Bowl  
with Balsamic Vinaigrette

**Sandwich of the Week:**  
Chicken Caesar Salad



# December 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 2: December 8-12

### Daily Serves:

MYO Salads and Bowls  
Grab N' Go Salads  
Grab N' Go Parfait  
Crispy Chicken Sandwich  
Hamburger, Cheeseburger, Veggie Burger  
Grill Station  
The Rotating Quick Bite Station

Powering potential.

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## Monday

Cheesy Popcorn Chicken Bowl  
Cheesy Veggie Nugget Bowl V

Red Pepper Hummus Platter  
Turkey & Swiss Melt

Cucumbers & Chickpea Salad  
Apples & Pears

## WEDNESDAY

Laurie's American Chop Suey w/ Dinner Roll  
Pasta with Marinara Sauce w/ Dinner Roll

Red Pepper Hummus Platter  
Spicy Chicken Flatbread

Roasted Broccoli & Carrots LG  
Bananas & Berry Cups

## FRIDAY

Broccoli Cheddar Soup w/ Pretzel Rods V

Red Pepper Hummus Platter  
Fish Tacos

Red Pepper Strips & Side Salad  
Apples & Bananas

## TUESDAY

Turkey Barbacoa Tacos  
Kickin' Bean Taco V

Pretzel & Cheese Platter  
Philly Chicken Cheesesteak

Fiesta Corn & **HOTM: Carrot Fries LG**  
Oranges & Apples

## THURSDAY

**LTO: Jalapeno Popper Burger**  
Jalapeno Popper Veggie Burger V

Pretzel & Cheese Platter  
Chicken Tender Basket

Roasted Potatoes & Green Beans  
Pears & Fresh Fruit Cup

All Lunches Must Include  
Choice of:  
Fruits and/or Vegetable  
And May Include:  
1% Low-Fat Milk



## Weekly Special:

### Salad of the Week:

Southwest Chicken  
Salad with Tortilla  
Chips & Jalapeno Salsa  
Ranch

Sandwich of the Week:  
Chipotle Chickpea Sub



# December 2025

## LOWELL HIGH SCHOOL LUNCH MENU

Week 3: December 15-19

### Daily Serves:

MYO Salads and Bowls

Grab N' Go Salads

Grab N' Go Parfait

Crispy Chicken Sandwich

Hamburger, Cheeseburger, Veggie Burger

Grill Station

The Rotating Quick Bite Station

*Powering potential.*

## MONDAY

Chicken Dumplings with Mixed Vegetables  
Edamame Dumplings with Mixed Vegetables V

Fruit and Yogurt Platter  
Italian Melt

Pickled Cucumbers & Corn  
Apples & Pears

## WEDNESDAY

Chicken Broccoli Alfredo Pasta  
Broccoli Alfredo Pasta V

Fruit and Yogurt Platter  
Fish Po' Boy

Broccoli & Roasted Chickpeas  
Bananas & Berry Cups

## FRIDAY

Tomato Soup with Bosco Cheese Sticks V

Fruit & Yogurt Platter  
Meatball Sub

Red Pepper Strips & Green Beans  
Apples & Bananas

## TUESDAY

Arroz con Pollo  
Rice & Beans V

Red Pepper Hummus Platter  
Steak & Cheese Sub

Street Corn Salad & Cucumbers  
Oranges & Apples

## THURSDAY

### *Holiday Meal*

Lasagna Roll Ups with Garlic Bread V

Garden Side Salad & Roasted Potatoes  
Blueberry Crisp & Fresh Fruit Cups

## ENJOY WINTER BREAK!!

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Choice of:  
Fruits and/or Vegetable  
And May Include:  
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