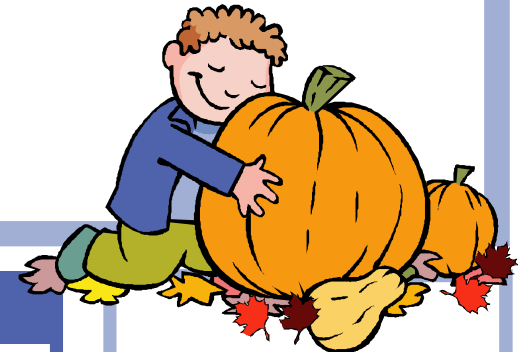


November 2009

LOWELL SENIOR HIGH MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School Fall Break</p>	<p>3</p> <p>Hot dog Corn French fries Mixed fruit</p>	<p>4</p> <p>Creamed turkey over biscuit Kyoto blend vegetables Strawberry cup Diced potatoes</p>	<p>5</p> <p>Spaghetti/meat sauce Seasoned carrots Lime sherbet Starz Potato French bread</p>	<p>6</p> <p>Hot Italian sub Green beans Pears Baked French fries</p>
<p>9</p> <p>BBQ Pork sandwich Potato wedges Broccoli/Cheese Apple wedges</p>	<p>10</p> <p>Chicken Quesadilla Peas French fries Pineapple chunks Tossed salad</p>	<p>11</p> <p>No school Staff development Day</p>	<p>12</p> <p>Italian stuffed shells Winter blend Mixed fruit Baked tater tots French Bread</p>	<p>13</p> <p>Hot turkey Mashed potatoes Or sweet potatoes Green beans Peaches Pumpkin bread</p>
<p>16</p> <p>Soft shell tacos with Lettuce and cheese Curley Fries Mixed vegetables Sherbet</p>	<p>17</p> <p>Chicken Pomodora California Blend Lime Jell-O with Pears French fries Hot Bread</p>	<p>18</p> <p>Ravioli Peas Cosmic potato Orange sherbet Hot bread</p>	<p>19</p> <p>Grilled cheese sandwich Tomato soup Baked seasoned criss cut potatoes Apple crisp Sicilian Blend</p>	<p>20</p> <p>Pizza Tossed Salad Baked French fries Corn Pears</p>
<p>23</p> <p>Chili/Crackers Baked potato/sour cream Peas Orange wedges</p>	<p>24</p> <p>Turkey wraps French fries Broccoli/cheese Mixed fruit</p>	<p>25</p> <p>Gyro Potato pancake Mixed vegetables Peaches</p>	<p>26</p> <p>No school Thanksgiving break</p>	<p>27</p> <p>No school Thanksgiving break</p>
<p>30</p> <p>Cheese burger Seasoned potato wedges Green beans Apple wedges</p>				

News
Half pint of milk served with each type A-lunch.

Served daily as menu choice, Hamburger, Garden burger, Chef salad Or chicken nuggets Fresh fruit is offered daily.

There will be no school on Nov. 2, 11, 26 and 27.

