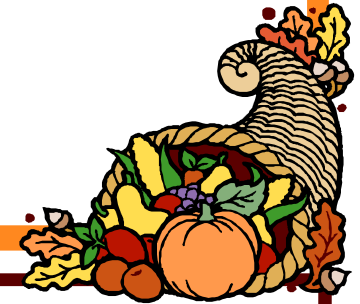


October 2009




LOWELL MIDDLE MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
			Hot Dog Baked French fries Baked beans Banana	Chili with crackers Tossed Salad Pears Smile potatoes
BBQ Pork sandwich Green Beans Sherbet Baked French fries	Shaved Turkey sandwich Seasoned potato wedges Apple crisp Peas	Chicken Quesadilla Fresh Veggies/Dip Pears Baked tater tots	Burrito with salsa Honey glazed carrots Jell-O with fruit Baked French fries	Batter Dip fish Cole slaw ½ bake potato Peaches Hush puppies
Hot Ham & cheese Broccoli Pineapple Baked French fries	Salisbury steak Mashed potatoes Green beans Orange wedges Hot wheat bread	Biscuit and sausage gravy Hash browns Juice Applesauce	Taco Salad with cheese and lettuce/ sour cream Peaches Refried beans Baked French fries	Pizza Baked tater tots Corn Tossed salad
Chicken Patty California Mixed Fruit Baked French fries	Shaved ham and cheese on a steak roll Peaches Seasoned wedges Seasoned carrots	Spaghetti Mixed Vegetables Tossed Salad Pears French bread	Chicken Fajitas Rice Pilaf Baked French Fries Peaches	Cheeseburger Fresh fruit cup Winter blend Star potatoes
Chicken Tenders Broccoli/Cheese Pineapple chunks Baked French fries	Fiestada Green Beans Apple crisp Criss cut potatoes	Soft tacos with lettuce and cheese Seasoned diced potatoes Mixed fruit peas	Cook's choice	No school Fall break

News
Half pint milk served with Each Type A-Lunch.

Daily menu choice:
Hamburger
Garden Burger
Chicken Nuggets
Salad bar.

Oct. 30 and Nov. 2, no school, fall break.

Menu subject to change when necessary.

