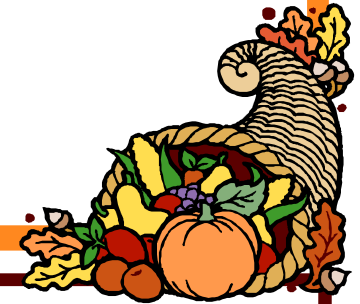


# October 2009




## LOWELL SENIOR HIGH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Tenders Winter blend Vegetables Cosmic Potatoes Fruit	<b>2</b> Pizza Tossed Salad Peas Pears Baked French Fries
<b>5</b> Batter Dip Fish Cole Slaw Peaches Baked French fries Hush puppies	<b>6</b> Shaved Turkey/Cheese Mixed Vegetables Smile Potatoes Sherbet	<b>7</b> Chicken Nuggets Fresh Veggies/Dip Pears Hot Vegetable Baked French fries	<b>8</b> Burrito/Salsa Glazed carrots Criss cut potatoes Jell-O with fruit	<b>9</b> Buffalo Chicken Tenders Green beans Pineapple Baked French fries
<b>12</b> Hot ham & cheese Broccoli Apple wedges Baked French fries	<b>13</b> Salisbury steak Mashed potatoes Green beans Orange wedges Hot wheat bread	<b>14</b> Tacos with cheese & lettuce Fruit Hot vegetable Baked French fries	<b>15</b> Meat ball sandwich Seasoned potato wedges Vegetable Fruit	<b>16</b> Pizza Corn Baked French fries Tossed salad
<b>19</b> Foot long hot dog Baked French fries Baked beans Raspberry sherbet	<b>20</b> Chicken patty Corn Carrot & celery sticks/Dip Baked tater tots	<b>21</b> Chicken Fajitas Rice Pilaf Peas Baked French fries	<b>22</b> Sausage and French toast sticks Hash brown patty Warm Cinnamon applesauce Juice	<b>23</b> Ravioli Baked tater tots Mixed Vegetables Apple wedges Max Mozz stix
<b>26</b> Chicken Quesadilla Baked French fries Tossed salad Cherry crisp	<b>27</b> Chicken nuggets Diced seasoned potatoes Jell-O with fruit Green Beans	<b>28</b> Corn Dog Baked French fries California Blend Sherbet	<b>29</b> Cook's choice	<b>30</b> No school

Enter Other Information Here

**News**

**Half pint of milk served with each type A lunch.**

**Daily menu choice:**  
**Hamburger**  
**Garden burger**  
**Chef salad**  
**Grab and go lunch**  
**Fresh fruit served as choice every day.**

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

**Menu subject to change when necessary.**

