




# BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST PIZZA OR ASSORTED CEREAL OR BREAKFAST BREADS	BREAKFAST SANDWICH OR ASSORTED CEREAL OR BREAKFAST BREADS	FRENCH TOAST STICKS OR ASSORTED CEREAL OR BREAKFAST BREADS	FRUIT YOGURT PARFAIT OR ASSORTED CEREAL OR BREAKFAST BREADS	PANCAKE SAUSAGE ON A STICK OR ASSORTED CEREAL OR BREAKFAST BREADS

All Breakfasts served with choice of Milk, Juice and assorted Fresh Fruits!

# LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
PIZZA BBQ CHICKEN RANCH WRAP POPCORN CHICKEN W/MASH/ GRAVY/CORN BOWL PASTA & MEATBALLS IN TOMATO SAUCE W/ GARLIC BREAD	PIZZA MEATBALL PARM WRAP BREADED CHICK LEG W/ MASH POTATOES & GARLIC BREAD HOMEMADE CHILI W/ CORNBREAD	PIZZA CHICKEN CAESER WRAP CRISPY CHICKEN SANDWICH THE WESTERN TRI-TIP BURGER WITH CHEESE, ONION RINGS & BAR-B-QUE SAUCE	PIZZA PHILLY CHEESE STEAK WRAP 7 PIECE CHICK NUGGET W/ GARLIC BREAD PASTA ALFREDO W/ CHICKEN & GARLIC BREAD	PIZZA BEEF,BEAN,CHEESE WRAP BREADED CHICKEN LEG W/ MAC N CHEESE & GARLIC BREAD FISH SANDWICH & JOJO
14				
15				
16				
17				
18				
PIZZA BBQ CHICKEN RANCH WRAP POPCORN CHICKEN W/MASH/ GRAVY/CORN BOWL PASTA & MEATBALLS IN TOMATO SAUCE W/ GARLIC BREAD	PIZZA MEATBALL PARM WRAP BREADED CHICK LEG W/ MASH POTATOES & GARLIC BREAD HOMEMADE CHILI W/ CORNBREAD	PIZZA CHICKEN CAESER WRAP CRISPY CHICKEN SANDWICH THE WESTERN TRI-TIP BURGER WITH CHEESE, ONION RINGS & BAR-B-QUE SAUCE	PIZZA PHILLY CHEESE STEAK WRAP 7 PIECE CHICK NUGGET W/ GARLIC BREAD PASTA ALFREDO W/ CHICKEN & GARLIC BREAD	PIZZA BEEF,BEAN,CHEESE WRAP BREADED CHICKEN LEG W/ MAC N CHEESE & GARLIC BREAD FISH SANDWICH & JOJO
21				
22				
23				
24				
25				
	PIZZA MEATBALL PARM WRAP BREADED CHICK LEG W/ MASH POTATOES & GARLIC BREAD HOMEMADE CHILI W/ CORNBREAD	PIZZA CHICKEN CAESER WRAP CRISPY CHICKEN SANDWICH THE WESTERN TRI-TIP BURGER WITH CHEESE, ONION RINGS & BAR-B-QUE SAUCE	PIZZA PHILLY CHEESE STEAK WRAP 7 PIECE CHICK NUGGET W/ GARLIC BREAD PASTA ALFREDO W/ CHICKEN & GARLIC BREAD	PIZZA BEEF,BEAN,CHEESE WRAP BREADED CHICKEN LEG W/ MAC N CHEESE & GARLIC BREAD FISH SANDWICH & JOJO
28				
29				
30				
31				
FEB 1				
PIZZA BBQ CHICKEN RANCH WRAP POPCORN CHICKEN W/MASH/ GRAVY/CORN BOWL PASTA & MEATBALLS IN TOMATO SAUCE W/ GARLIC BREAD	PIZZA MEATBALL PARM WRAP BREADED CHICK LEG W/ MASH POTATOES & GARLIC BREAD HOMEMADE CHILI W/ CORNBREAD	PIZZA CHICKEN CAESER WRAP CRISPY CHICKEN SANDWICH THE WESTERN TRI-TIP BURGER WITH CHEESE, ONION RINGS & BAR-B-QUE SAUCE	PIZZA PHILLY CHEESE STEAK WRAP 7 PIECE CHICK NUGGET W/ GARLIC BREAD PASTA ALFREDO W/ CHICKEN & GARLIC BREAD	<b>NO SCHOOL</b>

LOWELL SCHOOL DISTRICT FOOD SERVICE DEPARTMENT PARTICIPATES IN THE COMMUNITY ELIGIBILITY PROGRAM. THROUGH THIS PROGRAM, LOWELL SCHOOL DISTRICT PROVIDES A BREAKFAST AND LUNCH AT NO CHARGE TO ALL ENROLLED STUDENTS. AFTERSCHOOL SNACK/SUPPER IS AVAILABLE TO ALL CHILDREN AT LOWELL SCHOOL DISTRICT AFTER SCHOOL, EACH DAY.



LOWELL SCHOOL DISTRICT  
Jr/Sr High School Menu

## Going Green MENUS!



Visit our website to sign up to have your menus emailed automatically.

**MILK VARITEY AVAILABLE DAILY!**

**1% MILK  
FAT FREE FLAVORED**

**ALL GRAIN PRODUCTS SERVED ARE WHOLE GRAIN RICH.**

**CONTACT US:**  
Child Nutrition Services  
541-937-2105 X 207

**MENU SUBJECT TO CHANGE**

SUNBUTTER SANDWICHES AVAILABLE UPON REQUEST

**ALL MEALS COME WITH A TRIP THROUGH OUR SALAD BAR FILLED WITH LOCAL FRESH FRUITS AND VEGGIES!**