

Welcome



January 2017 Lowery Great Plate Lunch Menu

Mon	Tue	Wed	Thu	Fri
2. Staff Development No School	3. Chicken Parmesan Mini Calzone with Marinara Broccoli Bites Glazed Carrots Pineapple & Bananas Fresh Fruit Peach Crisp Fruit Juice Milk	4. Crisпитos Soft Taco Spanish Brown Rice Romaine Spinach Salad Broccoli, Carrots, Tomato, Cucumbers, Green Peas Corn & Black Bean Salsa Fresh Fruit Sugar Cookie Fruit Juice, Milk	5. Country Chicken Bowl Fresh Baked Biscuit Toasted Ham & Cheese Corn Mashed Potatoes Fruit Medley Fresh Fruit Carnival Cookie Fruit Juice Milk	6. Pepperoni Pizza Shrimp Poppers with Hushpuppies Chef's Salad of the Day Whole Grain Roll Mac 'n Cheese Coleslaw Diced Pears & Oranges Fresh Fruit Cookie Fruit Juice, Milk
9. Chicken Tenders Honey BBQ Rib on a Bun Whole Grain Roll Mashed Potatoes Golden Corn & Carrots Cinnamon Apples Fresh Fruit Sugar Cookie Fruit Juice Milk	10. BBQ Cuban Beef Steak Fingers Whole Grain Roll Garlic Herb Green Beans Sweet Potato Fries Pineapple Tidbits Fresh Fruit Apple Crisp Fruit Juice Milk	11. Tostito Combo Baja Fish Taco Spanish Brown Rice Romaine Spinach Salad Broccoli, Carrots, Tomato, Cucumbers, Green Peas Corn & Black Bean Salsa Fresh Fruit Chocolate Chip Cookie Fruit Juice, Milk	12. Meatball Sub Mozzarella Sticks with Marinara Chef Salad Breadstick Broccoli with Cheese Sauce Pasta Salad Florentine Rosy Applesauce Carnival Cookie Fresh Fruit Fruit Juice	13. BBQ Stackhouse Chef's Special Entrée Chef's Salad of the Day Biscuit Mashed Potatoes Corn Diced Pears & Peaches Cookie Fruit Juice Milk
16. Staff Development No School	17. Grilled BBQ Chicken Sand- wich Chili Cheese Dog Chef Salad Tator Tots Border Beans Fruit Medley Apricot Crisp Fruit Juice Milk	18. Memphis BBQ Quesadilla Bean & Cheese Burrito Spanish Brown Rice Romaine Spinach Salad Broccoli, Carrots, Tomato, Cucumbers, Green Peas Corn & Black Bean Salsa Fresh Fruit Sugar Cookie Fruit Juice, Milk	19. Honey Fire Chicken Beef Teriyaki Dippers Oriental Fried Rice Whole Grain Roll Steamed Broccoli Vegetable Stir Fry Pear Slices Fresh Fruit Fruit Juice Milk	20. Pepperoni Pizza Philly Steak Sandwich Chef's Special Entrée Chef's Salad of the Day Breadstick Rosemary Roasted Potatoes Calico Corn Pears & Oranges Cookie Fruit Juice Milk

1% White Milk
 Fat-free Chocolate Milk
 Offered with every meal