

# January

## Lowell Public Schools Elementary Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> <b>New Year's Day</b>  <b>No School</b>	<b>2</b> Mini Waffles  Mixed Fruit Bananas Juice	<b>3</b> Assorted Cereal Bars & Yogurt  Applesauce Oranges Juice	<b>4</b> Cinni Minis  Bananas Raisins Juice	<b>5</b> Assorted Benefit Bars  Oranges Apples	<p><b>ALL</b> Students eat breakfast at <b>No Cost!</b></p> <p><b>Breakfast</b> <b>includes:</b> Skim milk 1% Milk FF Chocolate</p> <p>Fresh Fruit 100% Fruit Juice</p> <p>All Grains are Whole Grain</p> <p><b>"Children with</b> <b>access to</b> <b>school</b> <b>breakfast</b> eat more <b>fruit,</b> drink more <b>milk</b> &amp; eat a wider <b>variety</b> of foods."</p>
<b>8</b> Assorted Cereal  Graham Crackers  Bananas Raisins Juice	<b>9</b> Mini Stuffed Bagels  Apples Bananas Juice	<b>10</b> Mini Pancakes  Apples Oranges Juice	<b>11</b> Apple Frudel  Apples Pears Juice	<b>12</b> Mini French Toast  Applesauce Bananas	
<b>15</b> <b>Martin Luther</b> <b>King Jr. Day</b>  <b>No School</b>	<b>16</b> Chocolate Chip Oatmeal Bar  Graham Crackers  Apples <sup>LG</sup> Bananas Juice	<b>17</b> Bagel W/ Cream Cheese  Apples Pears Juice	<b>18</b> Assorted Muffins  Graham Crackers  Apples Bananas Juice	<b>19</b> Ultimate Breakfast Round  Apples <sup>LG</sup> Bananas	
<b>22</b> Mini French Toast  Apples <sup>LG</sup> Bananas Juice	<b>23</b> Cinni Mini's  Mixed Fruit Oranges Juice	<b>24</b> Assorted Cereal Bars & Assorted Yogurt  Bananas Pears Juice	<b>25</b> Assorted Benefit Bars  Applesauce Raisins Juice	<b>26</b> Assorted Cereal  Graham Crackers  Apples <sup>LG</sup> Pears	
<b>29</b> Apple Frudel  Apples Oranges Juice	<b>30</b> Bagel W/ Cream Cheese  Bananas Mixed Fruit Juice	<b>31</b> Mini Pancakes  Applesauce Bananas Juice	<b>1</b> Ultimate Breakfast Rounds  Pears Raisins Juice	<b>2</b> Chocolate Chip Oatmeal Bar  Graham Crackers  Apples Oranges	

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

Also check out the farm to school website [www.lpsfarm2school.com](http://www.lpsfarm2school.com)

LG

Locally Grown

Menus are subject to change without notice.



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