



2018

January

Lowell Public Schools: Lowell High School Breakfast Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	New Year's Day No School	2	Fresh Fruit Smoothie Graham Crackers Pears Oranges Juice	3	Sausage, Egg, & Cheese On a Bagel Apples Bananas Juice	4	Assorted Benefit Bars Pears Oranges Juice	5	Assorted Muffins Apples Bananas Juice
8	Yogurt Parfait Graham Crackers Apples Bananas Juice	9	Cinni Mini's Pears Oranges Juice	10	Assorted Benefit Bars Apples <small>LG</small> Bananas Juice	11	Hard Boiled Eggs Graham Crackers Pears Oranges Juice	12	WG Donut Apples <small>LG</small> Bananas
15	Martin Luther King Jr. Day No School	16	Assorted Muffins Apples Bananas Juice	17	Assorted Cereal Bars & Yogurt Apples <small>LG</small> Oranges Juice	18	Assorted Benefit Bars Apples <small>LG</small> Bananas Juice	19	Egg & Cheese on an English Muffin Craisins Apples
22	Sausage, Egg, & Cheese on a Bagel Apples Tangerines Juice	23	Stuffed Mini Bagels Pears Oranges Juice	24	Ham, Egg & Cheese on a Bagel Apples <small>LG</small> Bananas Juice	25	Stuffed Mini Bagel Apples Oranges Juice	26	WG Donut Apples <small>LG</small> Bananas
29	Assorted Benefit Bars Apples Bananas Juice	30	Hard Boiled Eggs Graham Crackers Pears Oranges Juice	31	Assorted Cereal Bars & Yogurt Apples Bananas Juice	1	Egg & Cheese Breakfast Burrito Pears Oranges Juice	2	WG Donut Apples Bananas

Special News...

Breakfast includes:
Skim milk
1% Milk
FF Chocolate

Fresh Fruit
100% Fruit Juice

Offered Daily:

- Assorted Cereal
- Bagel & Cream Cheese
- Cereal Bar & Yogurt
- SBJ Sandwich
- Muffins
- Breakfast Round
- Oatmeal Bar
- Breakfast Sandwich

All Grains are
Whole Grain

**ALL Students Eat
At NO COST!**



Locally Grown

Menus are subject to
change without notice.

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!
Also check out the farm to school website www.lpsfarm2school.com

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