

# Breakfast MENU

## October 2025 Elementary Breakfast Menu

Check out <https://lowellk12ma.nutrislice.com/> for Menus, Nutrition Education & Monthly Promotions! Questions or concerns please contact [foodservices@lowell.k12.ma.us](mailto:foodservices@lowell.k12.ma.us)

All breakfast items are whole grain.  
Offered Daily: 1 % and Skim Milk, and Fresh Fruit  
All Breakfast is provided free for all students.  
Please inform food service if you have a food allergy.

\*Menu is subject to change.



<b>29</b> Pumpkin Breakfast Bread  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>30</b> Egg & Cheese Wake up Wrap  Blueberry Muffin  Served with Oranges & Juice	<b>1</b> Powdered Sugar Donut  All-Day Energy Platter  Served with Strawberries & Clementines	<b>2</b> Bacon Egg & Cheese Croissant  Mini Strawberry Filled Bagel Served with Fresh Fruit Cup & Juice	<b>3</b> Mixed Berry Yogurt Parfait  Bagel with Cream Cheese Served with Apples & Bananas
<b>6</b> Cinnamon Roll  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>7</b> Mini Cini Caramel Bagel  Chocolate Chip Muffin  Served with Oranges & Juice	<b>8</b> Ham & Cheese Croissant  Double Chocolate Betty Crocker Bar w/ Graham Cracker Served with Strawberries & Clementines	<b>9</b> Chocolate Crescent  UBR Round  Served with Fresh Fruit Cup & Juice	<b>10</b> Egg & cheese Wake up Wrap  Bagel Cream Cheese  Served with Apples & Bananas
<b>13</b>  <b>No School</b>  <b>Indigenous Peoples' Day</b>	<b>14</b> Sausage, Egg, and Cheese Bagel Sandwich  Blueberry Muffin Served with Oranges & Juice	<b>15</b> Apple Frudel  All-Day Energy Platter  Served with Strawberries & Clementines	<b>16</b> Egg & Cheese Croissant  Cranberry Oatmeal Raisin Round Served with Fresh Fruit Cup & Juice	<b>17</b> Breakfast Smoothie  Bagel Cream Cheese  Served with Apples & Bananas
<b>20</b> Pancake on a Stick  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>21</b> Bacon, Egg, and Cheese Bagel Sandwich  Blueberry Muffin  Served with Oranges & Juice	<b>22</b> Breakfast Smoothie  Benefit Bar  Served with Strawberries & Clementines	<b>23</b> Sausage, Egg, and Cheese Wake up Wrap  UBR Round  Served with Fresh Fruit Cup & Juice	<b>24</b> Cinnamon Roll  Bagel with Cream Cheese  Served with Apples & Bananas
<b>27</b> Pumpkin Breakfast Bread  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>28</b> French Toast Sticks  Chocolate Chip Muffin  Served with Oranges & Juice	<b>29</b> Sausage, Egg, & Cheese Bagel Sandwich  Oatmeal Choc Betty Crocker Bar w/ Graham Cracker Strawberries & Clementines	<b>30</b> Blueberry Breakfast Bread Nature Valley Breakfast Round  Served with Fresh Fruit Cup & Juice	<b>31</b> Mini Cinnamon Cream Cheese Bagels Mixed Berry Yogurt Parfait  Served with Apples & Bananas

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# Breakfast MENU

## October 2025 K8, Middle, LHS Breakfast Menu

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<b>29</b> Pumpkin Breakfast Bread  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>30</b> Egg & cheese Wake up Wrap  Blueberry Muffin  Served with Oranges & Juice	<b>1</b> Powdered Sugar Donut  All-Day Energy Platter  Served with Strawberries & Clementines	<b>2</b> Bacon Egg & Cheese Croissant  Mini Strawberry Filled Bagel Served with Fresh Fruit Cup & Juice	<b>3</b> Mixed Berry Yogurt Parfait  Bagel with Cream Cheese Served with Apples & Bananas
<b>6</b> Cinnamon Roll  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>7</b> Mini Cini Caramel Bagel  Chocolate Chip Muffin  Served with Oranges & Juice	<b>8</b> Ham & cheese Croissant  Double Chocolate Betty Crocker Bar w/ Graham Cracker Served with Strawberries & Clementines	<b>9</b> Chocolate Crescent  UBR Round  Served with Fresh Fruit Cup & Juice	<b>10</b> Egg & cheese Wake up Wrap  Bagel Cream Cheese  Served with Apples & Bananas
<b>13</b>  <b>No School</b>  <b>Indigenous Peoples' Day</b>	<b>14</b> Sausage, Egg, and Cheese Bagel Sandwich  Blueberry Muffin Served with Oranges & Juice	<b>15</b> Apple Frudel  All-Day Energy Platter  Served with Strawberries & Clementines	<b>16</b> Egg & Cheese Croissant  Cranberry Oatmeal Raisin Round Served with Fresh Fruit Cup & Juice	<b>17</b> Breakfast Smoothie  Bagel Cream Cheese  Served with Apples & Bananas
<b>20</b> Pancake on a Stick  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>21</b> Bacon, Egg, and Cheese Bagel Sandwich  Blueberry Muffin  Served with Oranges & Juice	<b>22</b> Breakfast Smoothie  Benefit Bar  Served with Strawberries & Clementines	<b>23</b> Sausage, Egg, and Cheese Wake up Wrap  UBR Round  Served with Fresh Fruit Cup & Juice	<b>24</b> Cinnamon Roll  Bagel with Cream Cheese  Served with Apples & Bananas
<b>27</b> Pumpkin Breakfast Bread  Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	<b>28</b> French Toast Sticks  Chocolate Chip Muffin  Served with Oranges & Juice	<b>29</b> Sausage, Egg, & Cheese Bagel Sandwich  Oatmeal Choc Betty Crocker Bar w/ Graham Cracker Served with Strawberries & Clementines	<b>30</b> Blueberry Breakfast Bread Nature Valley Breakfast Round  Served with Fresh Fruit Cup & Juice	<b>31</b> Mini Cinnamon Cream Cheese Bagels Mixed Berry Yogurt Parfait  Served with Apples & Bananas

This institution is an equal opportunity provider. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjunction, 1400 Independence Avenue, SW Washingtons, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 485-6136 (Spanish). USDA is an equal opportunity provider and employer.

# Breakfast MENU

## October 2025 Satellite Breakfast Menu

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29 Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	30 Blueberry Muffin  Served with Oranges & Juice	1 All-Day Energy Platter  Served with Strawberries & Clementines	2 Mini Strawberry Filled Bagel Served with Fresh Fruit Cup & Juice	3 Bagel with Cream Cheese Served with Apples & Bananas
6 Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	7 Chocolate Chip Muffin  Served with Oranges & Juice	8 Double Chocolate Betty Crocker Bar w/ Graham Cracker  Served with Strawberries & Clementines	9 UBR Round  Served with Fresh Fruit Cup & Juice	10 Bagel Cream Cheese  Served with Apples & Bananas
13  <b>No School</b>  <b>Indigenous Peoples' Day</b>	14 Blueberry Muffin  Served with Oranges & Juice	15 Apple Frudel  Served with Strawberries & Clementines	16 Cranberry Oatmeal Raisin Round  Served with Fresh Fruit Cup & Juice	17 Bagel Cream Cheese  Served with Apples & Bananas
20 Assorted Cereal Bowl with Graham Cracker  Served with Apples and Pears	21 Blueberry Muffin  Served with Oranges & Juice	22 Benefit Bar  Served with Strawberries & Clementines	23 UBR Round  Served with Fresh Fruit Cup & Juice	24 Cinnamon Roll  Served with Apples & Bananas
27 Pumpkin Breakfast Bread  Served with Apples and Pears	28 Chocolate Chip Muffin  Served with Oranges & Juice	29 Oatmeal Choc Betty Crocker Bar w/ Graham Cracker Strawberries & Clementines	30 Nature Valley Breakfast Round  Served with Fresh Fruit Cup & Juice	31 Mini Cinnamon Cream Cheese Bagels  Served with Apples & Bananas

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# Breakfast MENU

**October 2025  
FUEL UP  
Breakfast Menu**

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29 Kielbasa Fajita Hash Breakfast Smoothie Pumpkin Bread	30 French Toast Sticks w/ Syrup Breakfast Coolers Chocolate Chip Muffin	1 Powdered Sugar Donut Breakfast Smoothie Betty Crocker Bar	2 Bacon Egg & Cheese Croissant Breakfast Coolers Mini Strawberry Filled Bagel	3 Sausage Wake up Wrap Breakfast Smoothies Bagel with Cream Cheese
6 Tater Tot Nacho Breakfast Smoothie Cinnamon Roll	7 Bacon Egg & Cheese Croissant Breakfast Coolers Chocolate Chip Muffin	8 Ham & Cheese Croissant Breakfast Smoothie Betty Crocker Bar w/ Graham Cracker	9 Sausage Egg & Cheese Croissant Breakfast Coolers UBR Round	10 Bacon Wake up Wrap Breakfast Smoothies Bagel Cream Cheese
13 <b>No School</b>  <b>Indigenous Peoples' Day</b>	14 Sausage, Egg, and Cheese Croissant Breakfast Coolers Blueberry Muffin	15 Hot Waffles and Sausage with Syrup Breakfast Smoothie Apple Frudel	16 Bacon Egg & Cheese Croissant Breakfast Coolers Cranberry Oatmeal Raisin Round	17 Sausage Wake up Wrap Breakfast Smoothies Bagel Cream Cheese
20 Pancake on a Stick Breakfast Smoothie Kielbasa Fajita Hash	21 Bacon, Egg, and Cheese Croissant Sandwich Breakfast Coolers Blueberry Muffin	22 French Toast Sticks w/ Sausage Breakfast Smoothie Benefit Bar	23 Sausage Egg & Cheese Croissant Breakfast Coolers UBR Round	24 Bacon Wake up Wrap Breakfast Smoothies Cinnamon Roll
27 Bacon Tomato Spinach (BTS) Sandwich Breakfast Smoothies Pumpkin Breakfast Bread	28 French Toast Sticks w/ Sausage Breakfast Coolers Chocolate Chip Muffin	29 Sausage, Egg, & Cheese Bagel Sandwich Breakfast Smoothie Betty Crocker Bar w/ Graham Cracker	30 Bacon Egg & Cheese Croissant Breakfast Coolers Nature Valley Breakfast Round	31 Sausage Wake up Wrap Breakfast Smoothies Mini Cinnamon Cream Cheese Bagels

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