



Breakfast MENU

October 2022

Cardinal / Riverside / Laura Lee / LeBlanc / Molloy / Moody / Washington / Adie Day

Breakfast Menu

Offered Daily: Cereal Bar, Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars, and Bagels with Cream Cheese

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact 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. Menu is subject to change.

3 Oatmeal Raisin Round Served with Apple and Milk	4 Benefit Bar Served with Banana and Milk	5 Assorted Cereal Bowl with Graham Cracker Served with Apple and Milk	6 Nature Valley Oatmeal Round Served with Orange and Milk	7 Assorted Cereal Bar with Graham Cracker Served with Juice, Pear and Milk
10 Indigenous Peoples' Day NO SCHOOL	11 Benefit Bar Served with Banana and Milk	12 Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	13 Nature Valley Oatmeal Round Served with Juice, Pear and Milk	14 Bagel with Cream Cheese Served with Banana and Milk
17 Cranberry, Orange Oatmeal Round Served with Apple and Milk	18 Benefit Bar Served with Orange and Milk	19 Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk	20 Nature Valley Oatmeal Round Served with Banana and Milk	21 Assorted Cereal Bar with Graham Cracker Served with Apple and Milk
24 Oatmeal Raisin Round Served with Orange and Milk	25 Benefit Bar Served with Juice, Pear and Milk	26 Assorted Cereal Bowl with Graham Cracker Served with Banana and Milk	27 Nature Valley Oatmeal Round Served with Apple and Milk	28 Bagel with Cream Cheese Served with Orange and Milk
31 Cranberry, Orange Oatmeal Round Served with Juice, Pear and Milk				