

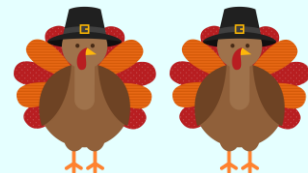




# Breakfast MENU

## November 2024 ELEMENTARY Breakfast Menu

<p>28 Cinnamon Roll</p> <p>Assorted Cereal Bowls with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p>29 Mini Strawberry Filled Bagel</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p>30 Country Chicken Biscuit</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries &amp; Clementines</p>	<p>31 Mini Cini <b>Caramel</b> Bagel <b>HAPPY HALLOWEEN!</b></p> <p>Pumpkin Spiced Donut</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p>1 Egg and Cheese Wake Up Wrap</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples &amp; Bananas</p>
<p>4 Cinnamon Raisin Bagel</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p>5 <b>ELECTION DAY</b> <b>No School</b></p> 	<p>6 Apple Frudel</p> <p>Asst. Cereal Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p>7 Egg &amp; Cheese English Muffin</p> <p>Cranberry Oatmeal Raisin Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p>8 Fruit Breakfast Smoothie</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples &amp; Bananas</p>
<p>11 <b>VETERANS DAY</b> <b>No School</b></p> 	<p>12 Bacon, Egg, and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p>13 <b>Pumpkin Smoothie</b> <b>NEW !!</b></p> <p>Benefit Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p>14 Sausage, Egg, and Cheese Wakeup Wrap</p> <p>UBR Bar</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p>15 Cinnamon Roll</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples and Bananas</p>
<p>18 Sausage and Cheese Brkfst Pizza <b>HOT SELLER !!</b></p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples &amp; Pears</p>	<p>19 French Toast Sticks</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p>20 Sausage, Egg, and Cheese Bagel</p> <p>Oatmeal Choc. Betty Crocker Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p>21 <b>Egg &amp; Turkey Chorizo Breakfast Nacho</b> <b>NEW !!</b></p> <p>Nature Valley Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p>22 Mixed Berry Yogurt Parfait</p> <p>Mini Cini Cream Cheese Bagel</p> <p>Served with Apples and Bananas</p>
<p>25 Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowls with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p>26 Egg &amp; Cheese Wakeup Wrap</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p>27 Cinnamon Sugar Donut</p> <p>Asst. Cereal Bar</p> <p>Served with Apples &amp; Clementines</p>	<p>28 <b>Happy Thanksgiving!</b> <b>No School</b></p>	<p>29</p> 

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, 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. Menu is subject to change.