



Breakfast MENU

November Elementary School Breakfast Menu

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.

30
Blueberry Breakfast Bread

Assorted Cereal Bowl with
Graham Crackers

Served with Apples & Pears

6
Pumpkin Breakfast Bread

Assorted Cereal Bowl with
Graham Cracker

Served with Apples & Pears

13
Cinnamon Roll

Assorted Cereal Bowl with
Graham Cracker

Served with Apples & Pears

20
Cinnamon Raisin Bagel

Assorted Cereal Bowl with
Graham Crackers

Served with Apples & Pears

27
Maple Mini Waffles

Assorted Cereal Bowl with
Graham Crackers

Served with Apples & Pears

31
French Toast Sticks

Pumpkin Bread

Served with Oranges &
Juice

7
**No School
Election Day**


14
Egg & Cheese Wake Up
Wrap

Chocolate Chip Muffin

Served with Oranges &
Juice

21
Sausage, Egg and Cheese
Bagel Sandwich

Chocolate Chip Muffin

Served with Oranges &
Juice

28
Bacon, Egg and Cheese
Bagel Sandwich

Blueberry Muffin

Served with Oranges &
Juice

1
Sausage, Egg, and Cheese
Bagel Sandwich
Chocolate Chip Betty
Crocker Bar with Graham
Crackers

Served with Strawberries &
Clementines

8
Powdered Sugar Donut

Assorted Cereal Bar with
Graham Crackers

Served with Strawberries &
Clementines

15
Country Chicken Biscuit

Double Chocolate Betty
Crocker Bar with Graham
Crackers

Served with Strawberries &
Clementines

22
Breakfast Frudel

Assorted Cereal Bar with
Graham Crackers

Served with Strawberries &
Clementines

29
Mixed Berry Yogurt Parfait

Benefit Bar

Served with Strawberries &
Clementines

2
Chocolate Filled Crescents

Nature Valley Breakfast
Round

Served with Fresh Fruit Cup
& Juice

9
Bacon, Egg, & Cheese on
an English Muffin

Oatmeal Raisin Breakfast
Round

Served with Fresh Fruit Cup
& Juice

16
Blueberry Mini Waffle

UBR Round

Served with Fresh Fruit Cup
& Juice

23
**No School
Happy
Thanksgiving!**

30
Sausage, Egg and Cheese
Wake Up Wrap


UBR Round

Served with Fresh Fruit Cup
& Juice

3
Mini Cinnamon Creamy
Cheese Bagels

Mixed Berry Yogurt Parfait

Served with Apples and
Bananas

10
**No School
Veterans Day**


17
Chocolate Filled Crescent

Bagel with Cream Cheese

Served with Apples &
Bananas

24


1
Cinnamon Roll

Bagel with Cream Cheese

Served with Apples and
Bananas