



# Breakfast MENU

## March Elementary 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](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.

**DIG IN TO SCHOOL BREAKFAST™**  
National School Breakfast Week 2023  
March 6<sup>th</sup> – March 10<sup>th</sup>

<p><b>6</b> <b>Pumpkin Bread</b></p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear, and Milk</p>	<p><b>7</b> <b>Sausage, Egg, and Cheese Wake up Wrap</b></p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>8</b> <b>Cinnamon Sugar Donut</b></p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>9</b> <b>Blueberry Waffle with Maple Syrup</b></p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>10</b> <b>Blueberry Bagel with Cream Cheese</b></p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>
<p><b>13</b> Banana Bread</p> <p>Cranberry, Orange Oatmeal Round</p> <p>Served with Orange and Milk</p>	<p><b>14</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>15</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>16</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>17</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>
<p><b>20</b> Pumpkin Bread</p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear and Milk</p>	<p><b>21</b> Blueberry Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>22</b> Cinnamon Sugar Donut</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>23</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>24</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>
<p><b>27</b> Pumpkin Bread</p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear, and Milk</p>	<p><b>28</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>29</b> Sausage, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p>	<p><b>30</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p>	<p><b>31</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple,</p>
<p><b>4</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>5</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>1</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>2</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>3</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>



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