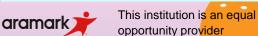


please contact foodservices@lowell.k12.ma.us

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.

Offered Daily(MS/HS): Cereal Bar, Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars, All Day Energy Platters and Bagels with Cream Cheese





27 Mini Strawberry Filled Bagel

Chocolate Chip Muffin

Served with Oranges & Juice

28 *NEW* Peaches and Cream **Smoothies**

Asst. Cereal Bar

Served with Apples & Clementines

29 Mini Cini Caramel Bagel

Blueberry Pom Granola Bake

Served with Fresh Fruit Cup & Juice

Egg & Cheese Wake up Wrap

Bagel with Cream Cheese

Served with Apples & Bananas

Cinnamon Raisin Bagel

Assorted Cereal Bowls with **Graham Cracker**

Served with Apples & Pears

Sausage, Egg, and Cheese

Chocolate Chip Muffin

Served with Oranges & Juice

Apple Frudel

Assorted Cereal Bar

Served with Apples & Clementines

Blueberry Pomegranate Bar

Oatmeal Rounds

Served with Fresh Fruit Cup & Juice

6

30

Breakfast Smoothie

Bagel with Cream Cheese

Served with Apples & Bananas

Maple Mini Waffle

Assorted Cereal Bowl with **Graham Cracker**

Served with Apples & Pears

10

Bagel

Bacon Egg & Cheese Bagel Sandwich

Blueberry Muffin

Served with Oranges & Juice

11

Chocolate Filled Crescent

Benefit Bar

Served with Apples & Clementines

12

Pancake on a Stick

UBR

Served with Fresh Fruit Cup & Juice

13

Cinnamon Roll

Mixed Berry Yogurt Parfait

Served with Apples & Bananas

Served with fresh fruits

16 Cooks Choice

