



Breakfast MENU

November 2024 K8, Middle, LHS Breakfast Menu

28
Cinnamon Roll

Assorted Cereal Bowls with Graham Cracker

Served with Apples & Pears

4
Cinnamon Raisin Bagel

Assorted Cereal Bowl with Graham Cracker

Served with Apples & Pears

11
VETERANS DAY
No School


18
Sausage and Cheese Brkfst Pizza **HOT SELLER !!**

Assorted Cereal Bowl with Graham Crackers

Served with Apples & Pears

25
Pumpkin Breakfast Bread

Assorted Cereal Bowls with Graham Cracker

Served with Apples & Pears

29
Mini Strawberry Filled Bagel

Chocolate Chip Muffin

Served with Oranges & Juice

5
ELECTION DAY
No School


12
Bacon, Egg, and Cheese Bagel Sandwich

Blueberry Muffin

Served with Oranges & Juice

19
French Toast Sticks

Chocolate Chip Muffin

Served with Oranges & Juice

26
Egg & Cheese Wakeup Wrap

Blueberry Muffin

Served with Oranges & Juice

30
Country Chicken Biscuit

Assorted Cereal Bars

Served with Strawberries & Clementines

6
Apple Frudel

Asst. Cereal Bar

Served with Strawberries & Clementines

13
Pumpkin Smoothie
NEW !!

Benefit Bar

Served with Strawberries & Clementines

20
Sausage, Egg, and Cheese Bagel

Oatmeal Choc. Betty Crocker Bar

Served with Strawberries & Clementines

27
Cinnamon Sugar Donut

Asst. Cereal Bar

Served with Apples & Clementines

31
HAPPY HALLOWEEN!
Mini Cini **Caramel** Bagel

Pumpkin Spiced Donut

Served with Fresh Fruit Cup & Juice

7
Egg & Cheese English Muffin

Cranberry Oatmeal Raisin Round

Served with Fresh Fruit Cup & Juice

14
Sausage, Egg, and Cheese Wakeup Wrap

UBR Bar

Served with Fresh Fruit Cup & Juice

21
Egg & Turkey Chorizo Breakfast Nacho **NEW !!**

Nature Valley Round

Served with Fresh Fruit Cup & Juice

28
No School
Happy Thanksgiving!

1
Egg and Cheese Wake Up Wrap

Bagel with Cream Cheese

Served with Apples & Bananas

8
Fruit Breakfast Smoothie

Bagel with Cream Cheese

Served with Apples & Bananas

15
Cinnamon Roll

Bagel with Cream Cheese

Served with Apples and Bananas

22
Mixed Berry Yogurt Parfait

Mini Cini Cream Cheese Bagel

Served with Apples and Bananas



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.

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