



Breakfast

MENU

May 2024 K8, Middle, LHS Breakfast Menu

<p>29 Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowls with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>30 Egg and Cheese Wake up Wrap</p> <p>Blueberry Muffin</p> <p>Served with Oranges & Juice</p>	<p>1 Powered Sugar Donut</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries & Clementines</p>	<p>2 Bacon, Egg, and Cheese English Muffin</p> <p>Oatmeal Raisin Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>3 Breakfast Smoothie</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples & Bananas</p>
<p>6 Cinnamon Roll</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>7 Strawberry Filled Bagel</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>8 Country Chicken Biscuit</p> <p>All Day Energy Plater</p> <p>Served with Strawberries & Clementines</p>	<p>9 Blueberry Mini Waffle</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>10 Egg and Cheese Wake Up Wrap</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples & Bananas</p>
<p>13 Maple Mini Waffles</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>14 Bacon, Egg and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges & Juice</p>	<p>15 Mixed Berry Yogurt Parfait</p> <p>Benefit Bar</p> <p>Served with Strawberries & Clementines</p>	<p>16 Sausage, Egg, and Cheese Wake up Wrap</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>17 Cinnamon Roll</p> <p>Breakfast Smoothies with a Graham Cracker</p> <p>Served with Apples and Bananas</p>
<p>20 Blueberry Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>21 All Day Energy Plater</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>22 Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Oatmeal Chocolate Chip Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>23 Egg and Cheese Wake Up Wrap</p> <p>Nature Valley Breakfast Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>24 Mini Cinnamon Creamy Cheese Bagels</p> <p>Mixed Berry Yogurt Parfait</p> <p>Served with Apples and Bananas</p>
<p>27 Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowls with Graham Cracker</p>	<p>28 Egg and Cheese Wake up Wrap</p> <p>Blueberry Muffin</p> <p>Served with Oranges &</p>	<p>29 Powered Sugar Donut</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries & Clementines</p>	<p>30 Bacon, Egg, and Cheese English Muffin</p> <p>Oatmeal Raisin Round</p> <p>Served with Fresh Fruit Cup</p>	<p>31 Breakfast Smoothie</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples & Bananas</p>

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