



# Breakfast MENU

## October 2024 K8, Middle, LHS Breakfast Menu

<p><b>30</b> Cinnamon Raisin Bagel</p> <p>Assorted Cereal Bowls with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p><b>1</b> Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>2</b> Apple Frudel</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>3</b> Egg and Cheese English Muffin</p> <p>Oatmeal Raisin Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p><b>4</b> Breakfast Smoothie</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples &amp; Bananas</p>
<p><b>7</b> Maple Mini Waffles</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p><b>8</b> Bacon, Egg, and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>9</b> Breakfast Smoothie</p> <p>Benefit Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>10</b> Sausage, Egg, and Cheese Wake Up Wrap</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p><b>11</b> Sausage and Cheese Pizza</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples &amp; Bananas</p>
<p><b>14</b> No School</p>	<p><b>15</b> French Toast</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>16</b> Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Oatmeal Betty Crocker Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>17</b> Blueberry Breakfast Bread</p> <p>Nature Valley Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p><b>18</b> Mini Cinnamon Cream Cheese Bagel</p> <p>Breakfast Smoothies with a Graham Cracker</p> <p>Served with Apples and Bananas</p>
<p><b>21</b> Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples &amp; Pears</p>	<p><b>22</b> Egg and Cheese Wake Up Wrap</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>23</b> Powder Sugar Donut</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>24</b> Bacon, Egg, and Cheese on an English Muffin</p> <p>Oatmeal Raise Breakfast Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>	<p><b>25</b> Breakfast Smoothie</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples and Bananas</p>
<p><b>28</b> Cinnamon Roll</p> <p>Assorted Cereal Bowls with Graham Cracker</p>	<p><b>29</b> Mini Strawberry Filled Bagel</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp;</p>	<p><b>30</b> Country Chicken Biscuit</p> <p>Assorted Cereal Bars</p> <p>Served with Strawberries &amp;</p>	<p><b>31</b> Mini Cini Caramel Bagel</p> <p>Pumpkin Spiced Donut</p> <p>Served with Fresh Fruit Cup</p>	<p><b>1</b> Egg and Cheese Wake Up Wrap</p> <p>Bagel with Cream Cheese</p>

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.

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