

Breakfast MENU

December LHS Breakfast Menu

Check out <https://lowellk12ma.nutrislice.com/> for Menus, 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: Cereal Bar, Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars, All Day Energy Platters and Bagels with Cream Cheese

27 Maple Mini Waffles Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	28 Bacon, Egg and Cheese Bagel Sandwich Blueberry Muffin Served with Oranges & Juice	29 Mixed Berry Yogurt Parfait Benefit Bar Served with Strawberries & Clementines	30 Sausage, Egg and Cheese Wake up Wrap UBR Round Served with Fresh Fruit Cup & Juice	1 Cinnamon Roll Bagel with Cream Cheese Served with Apples & Bananas
4 Blueberry Breakfast Bread Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	5 French Toast Sticks Chocolate Chip Muffin Served with Oranges & Juice	6 Sausage, Egg, and Cheese Bagel Sandwich Oatmeal Chocolate Chip Betty Crocker Bar with Graham Cracker Served with Strawberries & Clementines	7 Chocolate Filled Crescent Nature Valley Breakfast Round Served with Fresh Fruit Cup & Juice	8 Mini Cinnamon Creamy Cheese Bagels Mixed Berry Yogurt Parfait Served with Apples & Bananas
11 Pumpkin Bread Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	12 Egg and Cheese Wake up Wrap Blueberry Muffin Served with Oranges & Juice	13 Powdered Sugar Donut Assorted Cereal Bar with Graham Cracker Served with Strawberries & Clementines	14 Bacon, Egg and Cheese on an English Muffin Oatmeal Raisin Breakfast Round Served with Fresh Fruit Cup & Juice	15 Mixed Berry Yogurt Parfait Bagel with Cream Cheese Served with Apples & Bananas
18 Cinnamon Roll Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	19 Egg and Cheese Wake up Wrap Chocolate Chip Muffin Served with Oranges & Juice	20 Country Chicken Biscuit Double Chocolate Betty Crocker Bar with Graham Cracker Served with Strawberries & Clementines	21 Blueberry Mini Waffle UBR Round Served with Fresh Fruit Cup & Juice	22 Chocolate Filled Crescent Bagel with Cream Cheese Served with Apples & Bananas
25	26	27	28	29

Happy Winter Break!