



# Breakfast MENU

## November Lowell High School Breakfast Menu

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



This institution is an equal opportunity provider

**30**  
Blueberry Breakfast Bread  
  
Assorted Cereal Bowl with  
Graham Crackers  
  
Served with Apples & Pears

**6**  
Pumpkin Breakfast Bread  
  
Assorted Cereal Bowl with  
Graham Cracker  
  
Served with Apples & Pears

**13**  
Cinnamon Roll  
  
Assorted Cereal Bowl with  
Graham Cracker  
  
Served with Apples & Pears

**20**  
Cinnamon Raisin Bagel  
  
Assorted Cereal Bowl with  
Graham Cracker  
  
Served with Apples & Pears

**27**  
Maple Mini Waffles  
  
Assorted Cereal Bowl with  
Graham Crackers  
  
Served with Apples & Pears

**31**  
French Toast Sticks  
  
Pumpkin Bread  
  
Served with Oranges &  
Juice

**7**  
**No School  
Election Day**  


**14**  
Egg and Cheese Wake Up  
Wrap  
  
Chocolate Chip Muffin  
  
Served with Oranges &  
Juice

**21**  
Sausage, Egg, and Cheese  
Bagel Sandwich  
  
Chocolate Chip Muffin  
  
Served with Oranges &  
Juice

**28**  
Bacon, Egg and Cheese  
Bagel Sandwich  
  
Blueberry Muffin  
  
Served with Oranges &  
Juice

**1**  
Sausage, Egg, and Cheese  
Bagel Sandwich  
  
Oatmeal Chocolate Chip  
Betty Crocker Bar with  
Graham Crackers  
  
Served with Strawberries &  
Clementines

**8**  
Powdered Sugar Donut  
  
Assorted Cereal Bar with  
Graham Crackers  
  
Served with Strawberries &  
Clementines

**15**  
Country Chicken Biscuit  
  
Double Chocolate Betty  
Crocker Bar with Graham  
Crackers  
  
Served with Strawberries &  
Clementines


**22**  
Breakfast Frudel  
  
Assorted Cereal Bar with  
Graham Crackers  
  
Served with Strawberries &  
Clementines

**29**  
Mixed Berry Yogurt Parfait  
  
Benefit Bar  
  
Served with Strawberries &  
Clementines

**2**  
Chocolate Filled Crescents  
  
Nature Valley Breakfast  
Round  
  
Served with Fresh Fruit Cup  
& Juice

**9**  
Bacon, Egg, and Cheese  
on an English Muffin  
  
Oatmeal Raisin Breakfast  
Round  
  
Served with Fresh Fruit Cup  
& Juice

**16**  
Blueberry Mini Waffle  
  
UBR Round  
  
Served with Fresh Fruit Cup  
& Juice

**23**  
**No School  
Happy Thanksgiving!**  


**30**  
Sausage, Egg, and Cheese  
Wake up Wrap  
  
UBR Round  
  
Served with Fresh Fruit Cup  
& Juice

**3**  
Mini Cinnamon Creamy  
Cheese Bagels  
  
Mixed Berry Yogurt Parfait  
  
Served with Apples and  
Bananas

**10**  
**No School  
Veterans Day**  


**17**  
Chocolate Filled Crescent  
  
Bagel with Cream Cheese  
  
Served with Apples &  
Bananas

**1**  
Cinnamon Roll  
  
Bagel with Cream Cheese  
  
Served with Apples and  
Bananas