



October

Lowell High School Breakfast

USDA is an equal opportunity provider and employer.

MONDAY

4

Sausage Egg and Cheese on a Bagel

Served with Juice, Apple, and Milk

TUESDAY

5

Ham Egg and Cheese on an English Muffin

Served with Juice, Orange, and Milk

WEDNESDAY

6

Simple Avocado Toast

Served with Juice, Banana, and Milk

THURSDAY

7

Bacon Egg and Cheese on a Croissant

Served with Juice, Pear, and Milk

FRIDAY

8

Ham Egg and Cheese Breakfast Wrap

Served with Juice, Apple Slices and Milk

11

Ham Egg and Cheese on a Bagel

Served with Juice, Apple, and Milk

12

Bacon Egg and Cheese on an English Muffin

Served with Juice, Orange, and Milk

13

Cinnamon Bun

Served with Juice, Banana, and Milk

14

Sausage Egg and Cheese on a Croissant

Served with Juice, Pear, and Milk

15

Southwest Egg and Cheese Breakfast Wrap

Served with Juice, Apple Slices and Milk

All kids 18 and under eat at no cost!

*All sandwiches, wraps & subs are whole grain

Served Daily

- Cereal Bars
- Cereal
- UBR Bars
- Benefit Bars
- Nutrigrain Bars

Fresh Fruit
Milk: Skim & 1%

18

Bacon Egg and Cheese on a Bagel

Served with Juice, Apple, and Milk

19

Sausage Egg and Cheese on an English Muffin

Served with Juice, Orange, and Milk

20

Salsa Avocado Toast

Served with Juice, Banana, and Milk

21

Ham Egg and Cheese on a Croissant

Served with Juice, Pear, and Milk

22

Sausage Egg and Cheese Breakfast Wrap

Served with Juice, Apple Slices and Milk

25

Sausage Egg and Cheese on a Bagel

Served with Juice, Apple, and Milk

26

Ham Egg and Cheese on an English Muffin

Served with Juice, Orange, and Milk

27

Cinnamon Bun

Served with Juice, Banana, and Milk

28

Bacon Egg and Cheese on a Croissant

Served with Juice, Pear, and Milk

29

Southwest Egg and Cheese Breakfast Wrap

Served with Juice, Apple Slices and Milk

Food & Nutrition Office:
978-674-2049

