

# Breakfast MENU

## December Middle Breakfast Menu

Check out <https://lowellk12ma.nutrislice.com/> for Menus, 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: 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!