



Breakfast MENU

November Middle 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

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
24
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