

January

Lowell Public Schools Middle Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Bacon Egg & Cheese on English Served with, Juice, Apple, and Milk	4 Sausage Egg and Cheese on a Bagel Served with, Juice, Orange, and Milk	5 Egg & Cheese on English Served with, Juice, Pear, and Milk	6 Ham and Cheese Breakfast Wrap Served with, Juice, Banana, and Milk	7 Southern Chicken Breakfast Sandwich Served with Juice, Apple, and Milk	<p>ALL Students eat breakfast at No Cost!</p> <p>Offered Daily:</p> <ul style="list-style-type: none"> -Skim milk -1% Milk -Fresh Fruit -Assorted Cereal -Assorted Muffins -Benefit Bars -Cereal Bars -UBR Bars -Nutrigrain Bars -Bagel with Cream Cheese <p>All Grains are Whole Grain</p> <p>“Children with access to school breakfast eat more fruit, drink more milk & eat a wider variety of foods.”</p>
10 Bacon Egg & Cheese on English Served with, Juice, Apple, and Milk	11 Yogurt Parfaits Served with, Juice, Orange, and Milk	12 Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	13 Yogurt Parfaits Served with, Juice, Banana, and Milk	14 Southern Chicken Breakfast Sandwich Served with, Juice, Pear, and Milk	
17 MLK Jr. Day No School	18 Sausage Egg and Cheese on a Bagel Served with, Juice, Orange, and Milk	19 Egg & Cheese on English Served with, Juice, Pear, and Milk	20 Yogurt Parfaits Served with, Juice, Banana, and Milk	21 Southern Chicken Breakfast Sandwich Served with Juice, Apple, and Milk	
24 Bacon Egg & Cheese on a Bagel Served with, Juice, Apple, and Milk	25 Yogurt Parfaits Served with, Juice, Orange, and Milk	26 Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	27 Yogurt Parfait Served with, Juice, Banana, and Milk	28 Egg Cheese and Sausage Sandwich Served with Juice, Apple, and Milk	
31 Bacon Egg & Cheese on English Served with, Juice, Apple, and Milk	1 Yogurt Parfaits Served with, Juice, Orange, and Milk	2 Egg & Cheese on English Served with, Juice, Pear, and Milk	3 Yogurt Parfaits Served with, Juice, Banana, and Milk	4 Sausage Egg and Cheese Breakfast Sandwich Served with Juice, Apple, and Milk	

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions!

Menus are subject to change without notice.



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