



# Breakfast MENU

## March Middle School Breakfast Menu



National School Breakfast Week 2023  
March 6<sup>th</sup> – March 10<sup>th</sup>

**6**  
**Pumpkin Bread**  
Oatmeal Raisin Round  
Served with Orange, Pear, and Milk

**13**  
Banana Bread  
Cranberry, Orange Oatmeal Round  
Served with Orange, Pear, and Milk

**20**  
Pumpkin Bread  
Oatmeal Raisin Round  
Served with Orange, Pear, and Milk

**27**  
Pumpkin Bread  
Oatmeal Raisin Round  
Served with Orange, Pear, and Milk

**28**  
Blueberry Waffle with Maple Syrup  
Nature Valley Oatmeal Round  
Served with Juice, Pear and Milk

**7**  
**Sausage, Egg, and Cheese Wake up Wrap**  
Nature Valley Oatmeal Round  
Served with Juice, Pear and Milk

**14**  
Blueberry Waffle with Maple Syrup  
Nature Valley Oatmeal Round  
Served with Juice, Pear and Milk

**21**  
Sausage, Egg, and Cheese Wake up Wrap  
Nature Valley Oatmeal Round  
Served with Juice, Pear and Milk

**28**  
Blueberry Waffle with Maple Syrup  
Nature Valley Oatmeal Round

**1**  
Sausage, Egg and Cheese Bagel Sandwich  
Assorted Cereal Bowl with Graham Cracker  
Served with Orange, Apple, and Milk

**8**  
**Cinnamon Sugar Donut**  
Assorted Cereal Bowl with Graham Cracker  
Served with Orange, Apple, and Milk

**15**  
Bacon, Egg and Cheese Bagel Sandwich  
Assorted Cereal Bowl with Graham Cracker  
Served with Orange, Apple, and Milk

**22**  
Sausage, Egg and Cheese Bagel Sandwich  
Assorted Cereal Bowl with Graham Cracker  
Served with Orange, Apple, and Milk

**29**  
Sausage, Egg and Cheese Bagel Sandwich  
Assorted Cereal Bowl with Graham Cracker

**2**  
Strawberry Smoothie  
Benefit Bar  
Served with Juice, Pear and Milk

**9**  
**Strawberry Banana Smoothie**  
Benefit Bar  
Served with Juice, Pear and Milk

**16**  
Mango Smoothie  
Benefit Bar  
Served with Juice, Pear and Milk

**23**  
Cinnamon Bun  
Benefit Bar  
Served with Juice, Pear and Milk

**30**  
Strawberry Smoothie  
Benefit Bar  
Served with Juice, Pear and Milk

**3**  
Bagel with Cream Cheese  
Assorted Cereal Bar with Graham Cracker  
Served with Banana, Apple and Milk

**10**  
**Cinnamon Bun**  
Assorted Cereal Bar with Graham Cracker  
Served with Banana, Apple and Milk

**17**  
Bagel with Cream Cheese  
Assorted Cereal Bar with Graham Cracker  
Served with Banana, Apple and Milk

**24**  
Bagel with Cream Cheese  
Assorted Cereal Bar with Graham Cracker  
Served with Banana, Apple and Milk

**31**  
Bagel with Cream Cheese  
Assorted Cereal Bar with Graham Cracker  
Served with Banana, Apple

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: Cereal Bar, Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars, and Bagels with Cream Cheese