



Breakfast MENU

**August / September 2022
Middle School
Breakfast Menu**

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

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.



29 WELCOME BACK	30 HAVE A GREAT YEAR!	31 Sausage, Egg and Cheese Bagel Sandwich Served with Apple and Milk	1 Blueberry Waffle with Maple Syrup Served with Orange and Milk	2 LABOR DAY RECESS NO SCHOOL
5 LABOR DAY NO SCHOOL	6 PRIMARY ELECTION NO SCHOOL	7 Sausage, Egg and Cheese Bagel Sandwich Served with Orange and Milk	8 Blueberry Waffle with Maple Syrup Served with Juice, Pear and Milk	9 Bagel with Cream Cheese Served with Banana and Milk
12 Breakfast Cheese Pizza Bagel Served with Apple and Milk	13 Strawberry Banana Smoothie Served with Orange and Milk	14 Cinnamon Sugar Donut Served with Juice, Pear and Milk	15 Blueberry Waffle with Maple Syrup Served with Banana and Milk	16 Bagel with Cream Cheese Served with Apple and Milk
19 Warm Banana Bread Served with Orange and Milk	20 Mango Smoothie Served with Juice, Pear and Milk	21 Bacon, Egg and Cheese Bagel Sandwich Served with Banana and Milk	22 Blueberry Waffle with Maple Syrup Served with Apple and Milk	23 Bagel with Cream Cheese Served with Orange and Milk
26 Breakfast Sausage Pizza Bagel Served with Juice, Pear and Milk	27 Strawberry Smoothie Served with Banana and Milk	28 Cinnamon Sugar Donut Served with Apple and Milk	29 Blueberry Waffle with Maple Syrup Served with Orange and Milk	30 Bagel with Cream Cheese Served with Juice, Pear and Milk