

Breakfast MENU

November 2025 K8, Middle, LHS Breakfast Menu

Check out <https://lowellk12ma.nutrislice.com/> for Menus, 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.
Please inform food service if you have a food allergy.

*Menu is subject to change.



3 All day-Energy Platter Asst Cereal Bowl with Graham Cracker Served with Apples and Pears	4 Election Day	5 Ham and Cheese Croissant Double Chocolate Betty Crocker Bar w/ Graham Cracker Served w/ Strawberries & Clementines	6 Chocolate Crescent UBR Round Served with Fresh Fruit Cup & Juice	7 Egg and Cheese Wake up Wrap Bagel with Cream Cheese Served with Apples & Bananas
10 Cinnamon Raisin Bagel Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears	11 Veterans Day	12 Apple Frudel All Day Energy Platter Served w/ Strawberries & Clementines	13 Egg and Cheese Croissant Cranberry Orange Oatmeal Round Served with Fresh Fruit Cup & Juice	14 Breakfast Smoothie Bagel with Cream Cheese Served with Apples & Bananas
17 All day-Energy Platter Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears	18 Bacon, Egg, and Cheese Bagel Sandwich Blueberry Muffin Served with Oranges & Juice	19 Breakfast Smoothie Benefit Bar Served w/ Strawberries & Clementines	20 Sausage, Egg, and Cheese Wake up Wrap UBR Round Served with Fresh Fruit Cup & Juice	21 Cinnamon Roll Bagel with Cream Cheese Served with Apples & Bananas
24 Mini Cini Maple Waffle Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears	25 Parfait Day Mixed Berry Yogurt Parfait Chocolate Chip Muffin Served with Oranges & Juice	26 Sausage, Egg, and Cheese Bagel Oatmeal Choc Betty Crocker Bar w/ Graham Cracker Served w/ Strawberries & Clementines	27 Thanksgiving Recess	28 Thanksgiving Recess
1 Pumpkin Breakfast Bread Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears	2 French Toast Sticks Chocolate Chip Muffin Served with Oranges & Juice	3 Sausage, Egg, and Cheese Bagel Sandwich Oatmeal Choc Betty Crocker Bar w/ Graham Cracker Served w/ Strawberries & Clementines	4 Blueberry Breakfast Bread Nature Valley Breakfast Round Served with Fresh Fruit Cup & Juice	5 Mini Cinnamon Cream Cheese Bagels Mixed Berry Yogurt Parfait Served with Apples & Bananas

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