



October Elementary Breakfast Menu

4 Chocolate Chip Muffin Served with, Apple, and Milk	5 Cereal Bar Served with, Orange, and Milk	6 Cinni Mini Served with, Juice, Pear and Milk	7 Apple Frudel Served with, Banana and Milk	8 Cereal Bar Served with, Banana and Milk
11 No School	12 Nutrigrain Bar Served with, Orange, and Milk	13 Benefit Bar Served with, Juice, Pear and Milk	14 Mini Pancakes Served with, Banana and Milk	15 Mini Pancakes Served with, Banana and Milk
18 Cherry Frudel Served with, Juice, Apple and Milk	19 Assorted Cereal Served with, Orange, and Milk	20 HOTM Pear Muffin Served with, Juice, Pear and Milk	21 Apple Cinnamon Muffin Served with, Banana and Milk	22 Nutrigrain Bar Served with, Apple and Milk
25 Bagel with Cream Cheese Served with, Juice, Apple and Milk	26 Banana Muffin Served with, Orange, and Milk	27 Mini Waffles Served with, Juice, Pear and Milk	28 Apple Bosco Stick Served with, Banana and Milk	29 Cinnamon Donut Served with, Apple and Milk
1 Benefit Bar Served with, Juice, Apple and Milk	2 Assorted Cereal Served with, Orange, and Milk	3 Mini French Toast Served with, Juice, Pear and Milk	4 Apple Frudel Served with, Banana and Milk	5 Cinni Mini Served with, Apple and Milk

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

All students eat at no cost!
Menus are subject to change

Offered Daily:
1% White Milk
Skim Milk
Fresh Fruit