



# January 2022 Satellite Breakfast Menu

<b>3</b> Benefit Bar Served with, Juice, Apple and Milk	<b>4</b> Assorted Cereal with Graham Cracker Served with, Orange, and Milk	<b>5</b> Mini French Toast Served with, Juice, Pear and Milk	<b>6</b> Apple Frudel Served with, Banana and Milk	<b>7</b> Cinni Mini Served with, Apple and Milk
<b>10</b> Chocolate Chip Muffin and Yogurt Served with, Apple, and Milk	<b>11</b> Stuffed bagel Served with, Orange, and Milk	<b>12</b> Cinni Mini Served with, Juice, Pear and Milk	<b>13</b> Apple Frudel Served with, Banana and Milk	<b>14</b> Cereal Bar with Yogurt Served with, Banana and Milk
<b>17</b> <b>MLK JR. DAY</b> <b>NO SCHOOL</b>	<b>18</b> Nutrigrain and Graham Cracker Served with, Orange, and Milk	<b>19</b> Benefit Bar Served with, Juice, Pear and Milk	<b>20</b> Mini Pancakes Served with, Banana and Milk	<b>21</b> Stuffed Bagel Served with, Apple and Milk
<b>24</b> Cherry Frudel Served with, Juice, Apple and Milk	<b>25</b> Cereal and Graham Cracker Served with, Orange, and Milk	<b>26</b> Bagel with Cream Cheese Served with, Juice, Pear and Milk	<b>27</b> Apple Cinnamon Muffin with Cheese Stick Served with, Banana and Milk	<b>28</b> Benefit Bar Served with, Apple and Milk
<b>31</b> Bagel with Cream Cheese Served with, Juice, Apple and Milk	<b>1</b> Banana Muffin with Yogurt Served with, Orange	<b>2</b> Mini Waffles Served with, Juice, Pear and Milk	<b>3</b> Apple Bosco Stick Served with, Banana and Milk	<b>4</b> Cinnamon Donut 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