



Breakfast MENU

November K-8 School Breakfast Menu

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.
Offered Daily(MS/HS): Cereal Bar, Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars, All Day Energy Platter, Yogurt Smoothie Drink, and Bagels with Cream Cheese



This institution is an equal opportunity provider

<p>30 Blueberry Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>31 French Toast Sticks</p> <p>Pumpkin Bread</p> <p>Served with Oranges & Juice</p>	<p>1 Sausage, Egg, and Cheese Bagel Sandwich Chocolate Chip Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>2 Chocolate Filled Crescents</p> <p>Nature Valley Breakfast Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>3 Mini Cinnamon Creamy Cheese Bagels</p> <p>Mixed Berry Yogurt Parfait</p> <p>Served with Apples and Bananas</p>
<p>6 Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>7 No School Election Day</p> 	<p>8 Powdered Sugar Donut</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>9 Bacon, Egg, & Cheese on an English Muffin</p> <p>Oatmeal Raisin Breakfast Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>10 No School Veterans Day</p> 
<p>13 Cinnamon Roll</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>14 Egg & Cheese Wake Up Wrap</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>15 Country Chicken Biscuit</p> <p>Double Chocolate Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>16 Blueberry Mini Waffle</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>17 Chocolate Filled Crescent</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples & Bananas</p>
<p>20 Cinnamon Raisin Bagel</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>21 Sausage, Egg and Cheese Bagel Sandwich</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>22 Breakfast Frudel</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>23 No School Happy Thanksgiving!</p>	<p>24</p> 
<p>27 Maple Mini Waffles</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>28 Bacon, Egg and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges &</p>	<p>29 Mixed Berry Yogurt Parfait</p> <p>Benefit Bar</p> <p>Served with Strawberries & Clementines</p>	<p>30 Sausage, Egg and Cheese Wake Up Wrap</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup</p>	<p>1 Cinnamon Roll</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples and Bananas</p>