

2021

October

Lowell Public Schools Middle Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4 Bacon Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	5 Sausage Egg and Cheese on a English Served with, Juice, Orange, and Milk	6 Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	7 Turkey and Cheese Breakfast Wrap Served with, Juice, Banana, and Milk	8 Southern Chicken Breakfast Sandwich Served with, Juice, Pear, and Milk	ALL Students eat breakfast at No Cost! Offered Daily: -Skim milk -1% Milk -Fresh Fruit -Assorted Cereal -Assorted Muffins -Benefit Bars -Cereal Bars -UBR Bars -Nutrigrain Bars -Bagel with Cream Cheese All Grains are Whole Grain "Children with access to school breakfast eat more fruit, drink more milk & eat a wider variety of foods."
11 No School	12 Sausage and Cheese on an English Muffin Served with, Juice, Orange, and Milk	13 Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	14 Ham and Cheese Breakfast Wrap Served with, Juice, Banana, and Milk	15 Southern Chicken Breakfast Sandwich Served with, Juice, Pear, and Milk	
18 Bacon Egg & Cheese on English Served with, Juice, Apple, and Milk	19 Sausage Egg and Cheese on a Bagel Served with, Juice, Orange, and Milk	20 Egg & Cheese on English HOTM Pear Muffin Served with, Juice, Pear, and Milk	21 Ham Southwest Breakfast Wrap Served with, Juice, Banana, and Milk	22 Southern Chicken Breakfast Sandwich Served with, Juice, Apple, and Milk	
25 Bacon Egg & Cheese on a Bagel Served with, Juice, Apple, and Milk	26 Sausage and Cheese on an English Muffin Served with, Juice, Orange, and Milk	27 Egg & Cheese on a Bagel Served with, Juice, Pear, and Milk	28 Turkey and Cheese Breakfast Wrap Served with, Juice, Banana, and Milk	29 Southern Chicken Breakfast Sandwich Served with, Juice, Apple, and Milk	
1 Bacon Egg & Cheese on English Served with, Juice, Apple, and Milk	2 Sausage Egg and Cheese on a Bagel Served with, Juice, Orange, and Milk	3 Egg & Cheese on English Served with, Juice, Pear, and Milk	4 Ham and Cheese Breakfast Wrap Served with, Juice, Banana, and Milk	5 Southern Chicken Breakfast Sandwich Served with, Juice, Apple, and Milk	

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

Menus are subject to change without notice.



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