

# August/September

## Lowell Public Schools Satellite Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Welcome back!</b>	<b>28</b> Cherry Frudel  Apples <small>LG</small> Bananas Juice	<b>29</b> Maple Waffle  Apples <small>LG</small> Oranges Juice	<b>30</b> Bagel W/ Cream Cheese  Apples <small>LG</small> Bananas Juice	<b>31</b>  <b>No School</b>	<p><b>ALL</b> Students eat breakfast at <b>No Cost!</b></p> <p><b>Breakfast includes:</b> Skim milk 1% Milk FF Chocolate</p> <p>Fresh Fruit 100% Fruit Juice</p> <p>All Grains are Whole Grain</p> <p>“Children with <b>access to school breakfast</b> eat more <b>fruit</b>, drink more <b>milk</b> &amp; eat a wider <b>variety</b> of foods.”</p>
<b>3</b> <b>No School Labor Day</b>	<b>4</b> <b>No School Election Day</b>	<b>5</b> Assorted Cereal Bars  String Cheese  Pears Bananas Juice	<b>6</b> French Toast  Apples <small>LG</small> Bananas Juice	<b>7</b> Assorted Muffins  Graham Crackers  Apples <small>LG</small> Pears	
<b>10</b> Apple Frudel  Oranges Bananas	<b>11</b> Bagel W/ Cream Cheese  Oranges Fruit Cup Juice	<b>12</b> Assorted Benefit Bars  Oranges Bananas Juice	<b>13</b> Assorted Yogurt  Chocolate Chip Oatmeal Bar  Oranges Raisins Juice	<b>14</b> Assorted Cereals  Graham Crackers  Apples <small>LG</small> Oranges	
<b>17</b> Chocolate Chip Oatmeal Bars  Graham Crackers  Apples <small>LG</small> Fruit Cup	<b>18</b> Bagel W/ Cream Cheese  Oranges Bananas Juice	<b>19</b> Assorted Cereal Bars  String Cheese  Oranges Applesauce Juice	<b>20</b> Cinni Mini's  Oranges Bananas Juice	<b>21</b> Donut Holes  Apples <small>LG</small> Bananas	
<b>24</b> Assorted Cereal Bars  Graham Crackers  Apples <small>LG</small> Bananas	<b>25</b> Apple Frudel  Apples <small>LG</small> Pears Juice	<b>26</b> Nutrigrain Bars  String Cheese  Oranges Bananas Juice	<b>28</b> Bagel W/ Cream Cheese Raisins Bananas Juice	<b>28</b> Assorted Cereals  Graham Crackers  Apples <small>LG</small> Bananas	

Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions!

Also check out the farm to school website [www.lpsfarm2school.com](http://www.lpsfarm2school.com)



**Locally Grown**

Menus are subject to change without notice.



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