



December

Lowell Public Schools Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Assorted Cereal Bars Graham Crackers Oranges Pears	4 Mini Waffles Apples <small>LG</small> Bananas Juice	5 Nutrigrain Bars String Cheese Apples <small>LG</small> Bananas Juice	6 Assorted Benefit Bars Apples <small>LG</small> Pears Juice	7 Assorted Cereals Graham Crackers Apples <small>LG</small> Oranges	<p>ALL Students eat breakfast at No Cost!</p> <p>Offered Daily: Skim milk 1% Milk</p> <p>Fresh Fruit</p> <p>All Grains are Whole Grain</p> <p>“Children with access to school breakfast eat more fruit, drink more milk & eat a wider variety of foods.”</p>
10 Assorted Benefit Bars Oranges Apples <small>LG</small>	11 Cherry Frudel Apples <small>LG</small> Bananas Juice	12 Mini Waffles Apples <small>LG</small> Oranges Juice	13 Bagel W/ Cream Cheese Apples <small>LG</small> Bananas Juice	14 Assorted Cereal Graham Crackers Apples <small>LG</small> Bananas Fruit Cup	
17 Mini Stuffed French Toast Apples <small>LG</small> Oranges	18 Overnight Oats Oranges Fruit Cup Juice	19 Assorted Cereal Bars String Cheese Pears Bananas Juice	20 French toast Apples <small>LG</small> Bananas Juice	21 Assorted Muffins Graham Crackers Apples <small>LG</small> Pears	
24 <hr/>	25 <hr/>	26 <hr/>	27 <hr/>	28 <hr/>	
Holiday Break					
31 <hr/> <p>Break</p>					

Check out www.lowell.schooldish.com for Menu's, Nutrition Education & Monthly Promotions!

LG **Locally Grown**

Menus are subject to change without notice.



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