

Lowell High School Breakfast December 2018

Offered Daily:

- Skim milk
- 1% Milk
- FF Chocolate
- Fresh Fruit
- Fresh Fruit Smoothies
- Assorted Cereal
- Bagel & Cream Cheese
- Cereal Bar & Yogurt
- Muffins
- Breakfast Round
- Oatmeal Bar
- Hard Boiled Egg
- Cheese Sticks
- All Grains are Whole Grain
- ALL Students Eat At NO COST!**

LG = Locally Grown

<p>3</p> <p>Assorted Benefit Bars</p> <p>Apple^{LG} Juice</p>	<p>4</p> <p>Sausage Breakfast Burrito</p> <p>Orange Juice</p>	<p>5</p> <p>Cheddar Cheese Omelet</p> <p>Banana Juice</p>	<p>6</p> <p>Overnight Oats</p> <p>Pear Juice</p>	<p>7</p> <p>Whole Grain Donut</p> <p>Raisins</p> <p>Apple^{LG}</p>
<p>10</p> <p>Cinni Mini's</p> <p>Apple^{LG} Juice</p>	<p>11</p> <p>Southwest Breakfast Flatbread</p> <p>Orange Juice</p>	<p>12</p> <p>Overnight Oats</p> <p>Banana Juice</p>	<p>13</p> <p>Ham Egg & Cheese on Bagel</p> <p>Pear Juice</p>	<p>14</p> <p>Whole Grain Donut</p> <p>Raisins</p> <p>Apple^{LG}</p>
<p>17</p> <p>Apple Frudel</p> <p>Apple^{LG} Juice</p>	<p>18</p> <p>Scrambled Egg Bowl</p> <p>Orange Juice</p>	<p>19</p> <p>Sausage Egg & Cheese on an English Muffin</p> <p>Banana Juice</p>	<p>20</p> <p>Cheddar Cheese Omelet</p> <p>Pear Juice</p>	<p>21</p> <p>Waffles</p> <p>Raisins</p> <p>Apple^{LG}</p>
<p>24</p> <hr/>	<p>25</p> <hr/>	<p>26</p> <p>Holiday Break</p>	<p>27</p> <hr/>	<p>28</p> <hr/>
<p>31</p> <hr/>	<hr/>	<hr/>	<hr/>	<hr/>

