



2019

# February

## Lowell Public Schools Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>1</b> Assorted Cereals Graham Crackers Apples <sup>LG</sup> Oranges	<p><b>ALL</b> Students eat breakfast at <b>No Cost!</b></p> <p><b>Offered</b> <b>Daily:</b> Skim milk 1% Milk</p> <p>Fresh Fruit</p> <p>All Grains are Whole Grain</p> <p>“Children with <b>access to</b> <b>school</b> <b>breakfast</b> eat more <b>fruit</b>, drink more <b>milk</b> &amp; eat a wider <b>variety</b> of foods.”</p>
<b>4</b> Chocolate Chip Oatmeal Bar  Graham Crackers  Apples <sup>LG</sup> Bananas	<b>5</b> Bagel W/ Cream Cheese  Oranges Bananas Juice	<b>6</b> Assorted Cereal Bars Cheese Stick  Applesauce Oranges Juice	<b>7</b> Cinni Minis  Oranges Raisins Juice	<b>8</b> Donut Holes  Apples <sup>LG</sup> Oranges	
<b>11</b> Assorted Cereal Bars  Graham Crackers  Oranges Pears	<b>12</b> Mini Waffles  Bananas Oranges Juice	<b>13</b> Nutrigrain Bar String Cheese  Apples <sup>LG</sup> Oranges Juice	<b>14</b> Bagel W/ Cream Cheese  Pears Raisins Juice	<b>15</b> Assorted Cereals Graham Crackers  Apples <sup>LG</sup> Peaches	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
<b>Winter Break</b>					
<b>25</b> Mini Stuffed French Toast  Apples <sup>LG</sup> Oranges	<b>26</b> Overnight Oats  Oranges Fruit Cup Juice	<b>27</b> Assorted Cereal Bars  String Cheese  Pears Bananas Juice	<b>28</b> French Toast  Apples <sup>LG</sup> Bananas Juice		

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Follow us on Facebook- LPSD- Food and Nutrition

<sup>LG</sup> **Locally Grown**

Menus are subject to change without notice.



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