

Lowell High School Breakfast February 2019

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

				1 Whole Grain Donut Raisins Apple
4 Cherry Frudel Apple ^{LG} Juice	5 Scrambled Egg Bowl Orange Juice	6 Sausage Egg & Cheese on an English Muffin Banana Juice	7 Cheddar Cheese Omelet Pear Juice	8 Yogurt Parfait Raisins Apple ^{LG}
11 Assorted Benefit Bars Apple ^{LG} Juice	12 Sausage Breakfast Burrito Orange Juice	13 Cheddar Cheese Omelet Banana Juice	14 Overnight Oats Pear Juice	15 Whole Grain Donut Raisins Apple ^{LG}
18	19	20 Winter Break	21	22
25 Apple Frudel Apple ^{LG} Juice	26 Scrambled Egg Bowl Orange Juice	27 Sausage Egg & Cheese on an English Muffin Banana Juice	28 Cheddar Cheese Omelet Pear Juice	

