




# February

## Lowell Public Schools Satellite Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>5</b> Assorted Muffins Graham Crackers  Oranges Pears Juice	<b>6</b> Mini Waffles  Mixed Fruit Bananas Juice	<b>7</b> Assorted Cereal Yogurt  Applesauce Oranges Juice	<b>8</b> Cinni Minis  Bananas Raisins Juice	<b>9</b> Assorted Benefit Bars  Oranges Apples <sup>LG</sup>	<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>12</b> Assorted Cereal Graham Crackers  Bananas Raisins Juice	<b>13</b> Mini Stuffed Bagels  Apples Bananas Juice	<b>14</b> Mini Pancakes  Apples <sup>LG</sup> Oranges Juice	<b>15</b> Apple Frudel  Apples <sup>LG</sup> Pears Juice	<b>16</b> Mini French Toast  Applesauce Bananas	
<b>19</b>          <b>B</b>	<b>20</b>          <b>R</b>	<b>21</b>          <b>E</b>	<b>22</b>          <b>A</b>	<b>23</b>          <b>K</b>	
<b>26</b> Mini French Toast  Apples Bananas Juice	<b>27</b> Cinni Mini's  Mixed Fruit Oranges Juice	<b>28</b> Assorted Cereal Bars & Assorted Yogurt  Bananas Pears Juice	<b>1</b> Assorted Benefit Bars  Apples <sup>LG</sup> Raisins Juice	<b>2</b> Assorted Cereal Graham Crackers  Apples <sup>LG</sup> Pears	

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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