



2018

January

Lowell Public Schools: Grab N Go Cart Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 New Year's Day No School	2 Mini Waffles Mixed Fruit Apples Juice	3 Cinni Mini's Oranges Applesauce Juice	4 Egg & Cheese Donut Melt Apples Raisins Juice	5 WG Donut Apples ^{LG} Oranges	Breakfast includes: Skim milk 1% Milk FF Chocolate Fresh Fruit 100% Fruit Juice Offered Daily: Assorted Cereal Bagel & Cream Cheese Cereal Bar & Graham Crackers SBJ Sandwich Muffins Breakfast Round Oatmeal Bar All Grains are Whole Grain ALL Students Eat At NO COST! ^{LG} Locally Grown				
8 Stuffed Mini Bagels Apples Pears Juice	9 Bacon and Egg On a Bagel Apples Oranges Juice	10 Mini French Toast Apples ^{LG} Oranges Juice	11 Mini Pancakes Apples Pears Juice	12 WG Donut Apples ^{LG} Oranges					
15 Martin Luther King Jr. Day No School	16 Apple Frudel Oranges Pears Juice	17 Mini French Toast Apples ^{LG} Oranges Juice	18 Egg, Ham, & Cheese Flatbread Apples Raisins Juice	19 WG Donut Apples ^{LG} Oranges					
22 Stuffed Mini Bagels Oranges Pears Juice	23 Sausage, Egg, & Cheese Burrito Apples Mixed Fruit Juice	24 Cinni Mini's Apples ^{LG} Oranges Juice	25 Egg & Cheese Donut Melt Apples ^{LG} Pears Juice	26 WG Donut Apples Oranges					
29 Stuffed Mini Bagels Oranges Pears Juice	30 Apple Frudel Apples Mixed Fruit Juice	31 Mini French Toast Oranges Applesauce Juice	1 Mini Pancakes Apples Raisins Juice	2 WG Donut Apples Oranges					



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

Also check out our Farm to School Website!
www.lpsfarm2school.com

Menus are subject to change without notice.



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