



# January

## Lowell Public Schools Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>1</b> <b>No School New Year's Day</b>	<b>2</b> Assorted Cereal Bars  String Cheese  Applesauce Oranges Juice	<b>3</b>  Cinni Minis  Oranges Raisins Juice	<b>4</b>  Donut Holes  Apples <sup>LG</sup> Oranges	<p><b>ALL</b> Students eat breakfast at <b>No Cost!</b></p> <p><b>Offered Daily:</b> Skim milk 1% Milk</p> <p>Fresh Fruit</p> <p>All Grains are Whole Grain</p> <p>“Children with access to <b>school breakfast</b> eat more <b>fruit</b>, drink more <b>milk</b> &amp; eat a wider <b>variety</b> of foods.”</p>
<b>7</b> Assorted Cereal Bars  Graham Crackers  Oranges Pears	<b>8</b>  Mini Waffles  Apples <sup>LG</sup> Bananas Juice	<b>9</b>  Nutrigrain Bars  String Cheese  Apples <sup>LG</sup> Bananas Juice	<b>10</b>  Bagel W/ Cream Cheese  Apples <sup>LG</sup> Raisins Juice	<b>11</b>  Assorted Cereals  Graham Crackers  Bananas Peaches	
<b>14</b>  Assorted Benefit Bars  Apples <sup>LG</sup> Oranges	<b>15</b>  Cherry Frudel  Apples <sup>LG</sup> Bananas Juice	<b>16</b>  Mini Waffles  Apples <sup>LG</sup> Oranges Juice	<b>17</b>  Bagel W/ Cream Cheese  Bananas Raisins Juice	<b>18</b>  Assorted Cereals  Graham Crackers  Oranges Bananas	
<b>21</b>  <b>No School M.L.K. Day</b>	<b>22</b>  Assorted Cereals  Oranges Fruit Cup Juice	<b>23</b>  Overnight Oats  String Cheese  Pears Bananas Juice	<b>24</b>  Cinnamon French Toast  Apples <sup>LG</sup> Bananas Juice	<b>25</b>  Assorted Muffins  Graham Crackers  Apples <sup>LG</sup> Pears	
<b>28</b>  Apple Frudel  Oranges Bananas	<b>29</b>  Bagel W/ Cream Cheese  Oranges Fruit Cup Juice	<b>30</b>  Assorted Benefit Bars  Applesauce Bananas Juice	<b>31</b>  Assorted Yogurt  Graham Crackers  Oranges Raisins Juice		

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)

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

Menus are subject to change without notice.



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