

Lowell High School Breakfast January 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

**No School
New Years'
Day**

2

Sausage Egg & Cheese
on an English Muffin

Banana
Juice

3

Cheddar Cheese
Omelet

Pear
Juice

4

Yogurt Parfait

Raisins
Apple

7

Assorted Benefit Bars

Apple^{LG}
Juice

8

Sausage Breakfast
Burrito

Orange
Juice

9

Cheddar Cheese
Omelet

Banana
Juice

10

Apple banana Smoothie

Pear
Juice

11

Whole Grain Donut

Raisins
Apple^{LG}

14

Cinni Mini's

Apple^{LG}
Juice

15

Southwest Breakfast
Flatbread

Orange
Juice

16

Apple Pie Overnight
Oats

Banana
Juice

17

Ham Egg & Cheese on
Bagel

Pear
Juice

18

Whole Grain Donut

Raisins
Apple^{LG}

21

**No School
M.L.K Day**

22

Scrambled Egg Bowl

Orange
Juice

23

Sausage Egg & Cheese
on an English Muffin

Banana
Juice

24

Cheddar Cheese
Omelet

Pear
Juice

25

Yogurt Parfait

Raisins
Apple^{LG}

28

Assorted Benefit Bars

Apple^{LG}
Juice

29

Southwest Breakfast
Flatbread

Orange
Juice

30

Overnight Oats

Banana
Juice

31

Ham Egg & Cheese on
Bagel

Pear
Juice