



2018

# June



## Lowell Public Schools: Lowell High School Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>4</b>	Sausage & Cheese on an English Muffin  Peaches Pears Juice	<b>5</b>	Bacon, Egg, & Cheese Flatbread  Oranges Mixed Fruit Juice	<b>6</b>	Ham, Egg, & Cheese on a Bagel  Pears Applesauce Juice	<b>7</b>	Smoothies  Bananas Raisins Juice	<b>8</b>	Bacon Egg & Cheese Donut Melt  Pears Apples	
<b>11</b>	Sausage, Egg, & Cheese on a Bagel  Apples Pears	<b>12</b>	Sausage & Cheese on an English Muffin  Mixed Fruit Oranges Juice	<b>13</b>	Overnight Oats  Pears Apples <sup>LG</sup> Juice	<b>14</b>	Smoothies  Bananas Raisins Juice	<b>15</b>	Bacon, Egg, & Cheese Flatbread  Grapes Peaches	
<b>18</b>	Sausage & Cheese on an English Muffin  Apples Pears Juice	<b>19</b>	Egg & Cheese on an English Muffin  Oranges Mixed Fruit Juice	<b>20</b>	Smoothies  Pears Apples <sup>LG</sup> Juice	<b>21</b>	Bacon Egg & Cheese Donut Melt  Bananas Raisins Juice	<b>22</b>	Turkey, Ham, Egg, & Cheese Flatbread  Grapes Apples <sup>LG</sup>	
<b>25</b>	Bacon Egg & Cheese Donut Melt Pears Peaches Juice	<b>26</b>	Overnight Oats  Mixed Fruit Oranges Juice	<b>27</b>	Sausage & Cheese on an English Muffin  Pears Applesauce Juice	<b>28</b> Summer Break		<b>29</b>		

### Special News...

**Breakfast includes:**  
Skim milk  
1% Milk  
FF Chocolate

Fresh Fruit  
100% Fruit Juice

**Offered Daily:**  
Assorted Cereal  
Bagel & Cream Cheese  
Cereal Bar & Yogurt  
SBJ Sandwich  
Muffins  
Breakfast Round  
Oatmeal Bar  
Breakfast Sandwich

All Grains are Whole Grain

**ALL Students Eat At NO COST!**



Locally Grown

Menus are subject to change without notice.

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)

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