



2018

# March



## Lowell Public Schools: Lowell High School Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>5</b>	Sausage & Cheese on an English Muffin  Apples Pears Juice	<b>6</b>	Egg & Cheese on an English Muffin  Oranges Mixed Fruit Juice	<b>7</b>	Egg & Cheese Donut Melt  Pears Apples <sup>LG</sup> Juice	<b>8</b>	Bacon Egg & Cheese Donut Melt  Bananas Raisins Juice	<b>9</b>	Turkey, Ham, Egg, & Cheese Flatbread  Grapes Apples <sup>LG</sup>
<b>12</b>	Bacon Egg & Cheese Donut Melt Pears Peaches Juice	<b>13</b>	Egg & Cheese on an English Muffin  Mixed Fruit Oranges Juice	<b>14</b>	Sausage & Cheese on an English Muffin  Pears Applesauce Juice	<b>15</b>	Bacon, Egg, & Cheese Flatbread  Bananas Apples Juice	<b>16</b>	Ham, Egg, & Cheese Flatbread  Grapes Peaches
<b>19</b>	<b>Yogurt Parfait</b> Graham Crackers Apples Pears Juice <b>*Harvest of The Month: Dairy*</b>	<b>20</b>	Cinni Mini's  Oranges Mixed Fruit Juice	<b>21</b>	Assorted Benefit Bars  Pears Apples <sup>LG</sup> Juice	<b>22</b>	Hard Boiled Eggs  Graham Crackers  Bananas Raisins Juice	<b>23</b>	WG Donut  Grapes Apples <sup>LG</sup>
<b>26</b>	Sausage & Cheese on an English Muffin  Peaches Pears Juice	<b>27</b>	Egg & Cheese on an English Muffin  Oranges Mixed Fruit Juice	<b>28</b>	Ham, Egg, & Cheese Flatbread  Pears Applesauce Juice	<b>29</b>	Sausage & Cheese on an English Muffin  Bananas Raisins Juice	<b>30</b>	No School  Good Friday

### 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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