



November

Lowell Public Schools Elementary Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 Bagel W/ Cream Cheese Apples <small>LG</small> Bananas Juice	2 Assorted Cereals Graham Crackers Apples <small>LG</small> Oranges	<p>ALL Students eat breakfast at No Cost!</p> <p>Offered Daily: Skim milk 1% Milk</p> <p>Fresh Fruit</p> <p>All Grains are Whole Grain</p> <p>“Children with access to school breakfast eat more fruit, drink more milk & eat a wider variety of foods.”</p>
5 Assorted Benefit Bars Oranges Apples <small>LG</small>	6 No School Election Day	7 Mini Waffles Apples <small>LG</small> Oranges Juice	8 Bagel W/ Cream Cheese Apples <small>LG</small> Bananas Juice	9 Assorted Cereals Graham Crackers Apples <small>LG</small> Bananas	
12 No School Veterans’ Day	13 Overnight Oats Oranges Fruit Cup Juice	14 Assorted Cereal Bars String Cheese Pears Bananas Juice	15 Cinnamon French Toast Apples <small>LG</small> Bananas Juice	16 Assorted Muffins Graham Crackers Apples <small>LG</small> Pears	
19 Apple Frudel Oranges Bananas	20 Bagel W/ Cream Cheese Oranges Fruit Cup Juice	21 Assorted Benefit Bars Applesauce Bananas Juice	22 No School Thanksgiving Day	23 No School	
26 Chocolate Chip Oatmeal Bar Graham Crackers Apples <small>LG</small> Pears Oranges	27 Bagel W/ Cream Cheese Fruit Cup Bananas Juice	28 Assorted Cereal Bars String Cheese Applesauce Oranges Juice	29 Cinni Mini’s Raisins Bananas Juice	30 Pumpkin Spice Donut Holes Apples <small>LG</small> Bananas	

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

Also check out the farm to school website www.lpsfarm2school.com

LG **Locally Grown**

Menus are subject to change without notice.



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