

November

Lowell Public Schools: Grab N Go Cart Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 Fruit Smoothie Apples ^{LG} Pears Juice	2 Cherry Frudel Apples ^{LG} Peaches	Breakfast includes: Fresh Fruit 100% Fruit Juice Offered Daily: Assorted Cereal Bagel & Cream Cheese Cereal Bar & Graham Crackers SBJ Sandwich Muffins Breakfast Round Oatmeal Bar Breakfast Sandwich Milk 1% milk All Grains are Whole Grain ALL Students Eat At NO COST! <div style="border: 1px solid green; padding: 2px; display: inline-block;">LG</div> Locally Grown
5 Mini Stuffed Bagel Apples ^{LG} Oranges	6 Election Day No school	7 Cinnamon French Toast Apples ^{LG} Oranges Juice	8 Fruit Smoothie Apples ^{LG} Bananas Juice	9 Pumpkin Spice Donut Holes Apples ^{LG} bananas	
12 No School- Veterans Day	13 Overnight Oats Oranges Mixed Fruit Juice	14 Cinni Mini's Pears Bananas Juice	15 Bacon, Egg & Cheese Flatbread Apples ^{LG} Bananas Juice	16 Mini Waffles Apples ^{LG} Pears	
19 Mini Stuffed Bagels Oranges Bananas	20 Sausage, Egg and cheese one a Bagel Oranges Fruit Mix Juice	21 Mini Pancakes Applesauce Bananas Juice	22 No School- Thanksgiving Day!	23 No School	
26 Mini Stuffed Bagels Apples ^{LG} Pears	27 Egg, Sausage & Cheese Burrito Oranges Bananas Juice	28 Cinni Mini's Applesauce Oranges Juice	29 Chocolate Crescent Oranges Bananas Juice	30 Mini Waffles Apples ^{LG} Bananas	



Check out www.lowell.schoolish.com for Menu's, Nutrition Education & Monthly Promotions.

Menus are subject to change without notice.



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