

Lowell High School Breakfast November 2018

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

11

12

13

1

Overnight Oats

Pear Juice

2

Cinnamon and Sugar Spice Donuts

Raisins Apple

5

Cinni Mini's

Apple^{LG} Juice

6

No School Election Day

7

Apple Pie Overnight Oats

Banana Juice

8

Ham Egg & Cheese on Bagel

Pear Juice

9

Whole Grain Donut

Raisins Apple

12

No School Veterans Day Observed

13

Scrambled Egg Bowl

Orange Juice

14

Sausage Egg & Cheese on an English Muffin

Banana Juice

15

Cheddar Cheese Omelet

Pear Juice

16

Harvest of the Month-Apple Kale Smoothie

Raisins Apple^{LG}

19

Assorted Benefit Bars

Apple^{LG} Juice

20

Southwest Breakfast Flatbread

Orange Juice

21

Waffles

Banana Juice

22

No School Thanksgiving Day

23

No School

26

Cherry Frudel

Apple^{LG} Juice

27

Scrambled Egg Bowl

Orange Juice

28

Sausage Egg & Cheese on an English Muffin

Banana Juice

29

Cheddar Cheese Omelet

Pear Juice

30

Yogurt Parfait

Raisins Apple^{LG}

