



# October

## Lowell Public Schools Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>1</b> Assorted Benefit Bars  Apples <small>LG</small> Oranges	<b>2</b> Cherry Frudel  Apples <small>LG</small> Bananas Juice	<b>3</b> Mini Waffles  Apples <small>LG</small> Bananas Juice	<b>4</b> Bagel W/ Cream Cheese  Apples <small>LG</small> Bananas Juice	<b>5</b> Assorted Cereals  Graham Crackers  Oranges Apples <small>LG</small>	<p><b>ALL</b> Students eat breakfast at <b>No Cost!</b></p> <p><b>Offered</b> <b>daily:</b> Skim milk 1% Milk</p> <p>Fresh Fruit</p> <p>All Grains are Whole Grain</p> <p>“Children with <b>access to</b> <b>school</b> <b>breakfast</b> eat more <b>fruit</b>, drink more <b>milk</b> &amp; eat a wider <b>variety</b> of foods.”</p>
<b>8</b>  <b>No School</b> <b>Columbus Day</b>	<b>9</b> Overnight Oats  Apples <small>LG</small> Bananas Juice	<b>10</b> Assorted Cereal Bars  String Cheese Apples <small>LG</small> Bananas Juice	<b>11</b> French Toast  Apples <small>LG</small> Bananas Juice	<b>12</b> Assorted Muffins  Graham Crackers  Apples <small>LG</small> Pears	
<b>15</b>  Apple Frudel  Oranges Bananas	<b>16</b> Bagel W/ Cream Cheese  Apples <small>LG</small> Oranges Juice	<b>17</b> Nutrigrain Bars  Applesauce Bananas Juice	<b>18</b> Assorted Yogurts  Chocolate Chip Oatmeal Bar Apples <small>LG</small> Raisins Juice	<b>19</b> Assorted Cereals  Graham Crackers  Apples <small>LG</small> Oranges	
<b>22</b> Chocolate Chip Oatmeal Bar  Graham Crackers  Apples <small>LG</small> Bananas	<b>23</b> Bagel W/ Cream Cheese  Oranges Bananas Juice	<b>24</b> Assorted Cereal Bars  String Cheese  Applesauce Oranges Juice	<b>25</b> Cinni Mini's  Raisins Bananas Juice	<b>26</b> Donut Holes  Apples <small>LG</small> Oranges	
<b>29</b> Assorted Cereal Bars  Graham Crackers  Oranges Pears	<b>30</b> Mini Waffles  Apples <small>LG</small> Bananas Juice	<b>31</b> Nutrigrain Bar  String Cheese  Oranges Bananas Juice			

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)

LG **Locally Grown**

Menus are subject to change without notice.



USDA is an equal opportunity provider and employer.