



# October

## Lowell Public Schools: Grab N Go Cart Breakfast Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b> Mini Stuffed Bagels  Apples <sup>LG</sup> Oranges	<b>2</b> Egg & Cheese Breakfast Flatbread  Apples <sup>LG</sup> Bananas Juice	<b>3</b> Cinnamon French Toast  Oranges Apples <sup>LG</sup> Juice	<b>4</b> Fruit Smoothie  Apples <sup>LG</sup> Bananas Juice	<b>5</b> Donut Holes  Peaches Bananas	<p><b>Offered Daily:</b> Assorted Cereal Bagel &amp; Cream Cheese Cereal Bar &amp; Graham Crackers SBJ Sandwich Muffins Breakfast Round Oatmeal Bar Breakfast Sandwich Fresh Fruit Skim Milk 1% Milk</p> <p>All Grains are Whole Grain</p> <p><b>ALL Students Eat At NO COST!</b></p> <p><sup>LG</sup> Locally Grown</p>				
<b>8</b> <b>No School Columbus Day</b>	<b>9</b> Overnight Oats  Apples <sup>LG</sup> Oranges Juice	<b>10</b> Cinni Mini's  Pears Bananas Juice	<b>11</b> Bacon, Egg & Cheese Flatbread  Apples <sup>LG</sup> Bananas Juice	<b>12</b> Mini Waffles  Apples <sup>LG</sup> Pears					
<b>15</b> Mini Stuffed Bagels  Oranges Bananas	<b>16</b> Cheesy Ham Biscuit  Oranges Mixed Fruit Juice	<b>17</b> Mini Pancakes  Applesauce Bananas Juice	<b>18</b> Egg, Ham & Cheese Sandwich  Oranges Raisins Juice	<b>19</b> Apple Frudel  Apples <sup>LG</sup> Oranges					
<b>22</b> Mini Stuffed Bagels  Pears Oranges	<b>23</b> Egg, Sausage & Cheese Burrito  Mixed Fruit Bananas Juice	<b>24</b> Cinni Mini's  Applesauce Oranges Juice	<b>25</b> Chocolate Crescent  Apples <sup>LG</sup> Oranges Juice	<b>26</b> Mini Waffles  Apples <sup>LG</sup> Bananas					
<b>29</b> Mini Stuffed Bagels  Apples <sup>LG</sup> Bananas	<b>30</b> Bacon, Egg & Cheese Bagel  Apples <sup>LG</sup> Bananas Juice	<b>31</b> Mini Waffles  Apples <sup>LG</sup> Oranges Juice							



Check out [www.lowell.schooldish.com](http://www.lowell.schooldish.com) for Menu's, Nutrition Education & Monthly Promotions.

Also check out our Farm to School Website!  
[www.lpsfarm2school.com](http://www.lpsfarm2school.com)

Menus are subject to change without notice.



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