

Breakfast MENU

**December 2025
K8, Middle, LHS
Breakfast Menu**

Check out <https://lowellk12ma.nutrislice.com/> for Menus, Nutrition Education & Monthly Promotions! Questions or concerns please contact foodservices@lowell.k12.ma.us

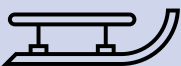






All breakfast items are whole grain.
Offered Daily: 1 % and Skim Milk, and Fresh Fruit

Offered Daily (MS/HS): Assorted Cereal Bowl, Assorted Muffins, Breakfast Rounds, Benefit Bars and Bagels with Cream Cheese

All Breakfast is provided free for all students.
Please inform food service if you have a food allergy.

*Menu is subject to change.



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| 1 Pumpkin Breakfast Bread Asst Cereal Bowl with Graham Cracker Served with Apples and Pears | 2 French Toast Sticks Chocolate Chip Muffin Served with Oranges & Juice | 3 Sausage, Egg, & Cheese Bagel Sandwich Oatmeal Chocolate Betty Crocker Bar w/ Graham Cracker Served w/ Strawberries & Clementines | 4 Blueberry Breakfast Bread Nature Valley Breakfast Round Served with Fresh Fruit Cup & Juice | 5 Mini Cinnamon Cream Cheese Bagels Mixed Berry Yogurt Parfait Breakfast Smoothie |
| 8 All Day Energy Platter Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears | 9 Mini Cinni Caramel Bagel Blueberry Muffin Served with Oranges & Juice | 10 Ham & Cheese Croissant Double Chocolate Betty Crocker Bar w/ Graham Cracker Served w/ Strawberries & Clementines | 11 Chocolate Crescent UBR Round Served with Fresh Fruit Cup & Juice | 12 Egg & Cheese Wake Up Wrap Bagel with Cream Cheese Served with Apples & Bananas |
| 15 Cinnamon Raisin Bagel Asst. Cereal Bowl with Graham Cracker Served with Apples and Pears | 16 Sausage, Egg, and Cheese Bagel Sandwich Chocolate Chip Muffin Served with Oranges & Juice | 17 Apple Frudel All Day Energy Platter Served w/ Strawberries & Clementines | 18 Egg and Cheese Croissant Cranberry Orange Oatmeal Round Served with Fresh Fruit Cup & Juice | 19 Breakfast Smoothie Bagel with Cream Cheese Served with Apples & Bananas |
| 24  | 25  | 26  | 27  | 28  |
| 1  | 2  | 3  | 4  | 5  |

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