



January 2023

Lowell Elementary

Breakfast

MONDAY

2



No School

TUESDAY

3

- Assorted Muffin
- Mozzarella String Cheese
- Apple Frudel

WEDNESDAY

4

- Assorted Whole Grain Cereal
- Breakfast Bowtie

THURSDAY

5

- Mini Cinnis
- Mini Cinnamon Crumb Loaf

FRIDAY

6

- Whole Grain Waffles
- Assorted Whole Grain Cereal

9

- Assorted Pop Tarts
- Mini French Toast

10

- Apple Frudel
- Assorted Muffin

11

- Assorted Whole Grain Cereal
- Buttermilk Pancakes

12

- Danimals Strawberry Yogurt
- Graham Crackers
- Bagel with Cream Cheese

13

- Mini Strawberry Stuffed Bagel Stick
- NY Style Deli Breakfast Sandwich

16



No School

17

- Assorted Cereal Bar
- Mini Cinnis

18

- Buttermilk Pancakes
- Muffin & Yogurt Bento Box

19

- Bagel with Cream Cheese
- Egg and Cheese on a Bun

20

- NY Style Deli Breakfast Sandwich
- Assorted Whole Grain Cereal

23

- Egg & Cheese on an English Muffin
- Bacon, Egg and Cheese on a Bun

24

- Assorted Muffin
- Mozzarella String Cheese
- Bagel with Cream Cheese

25

- Assorted Whole Grain Cereal
- Breakfast Biscuit Sandwich

26

- Mini Cinnis
- Danimals Strawberry Yogurt
- Graham Crackers

27

- Whole Grain Waffles
- Assorted Cereal Bar

30

- Assorted Pop Tarts
- Whole Grain Waffles

31

- Apple Frudel
- Apple Frudel

Breakfast Pricing Elementary

- Student Breakfast: \$1.50
- Adult Breakfast: \$2.05
- Student Breakfast Reduced: \$0.00

*Menu is Subject to Change

Breakfast Served with Choice of: Fresh Fruit, 100% Fruit Juice, 1% White Milk, Fat Free Chocolate Milk



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QUESTIONS OR COMMENTS?
Please call us at (973) 598-0005 to speak to one of Maschio's Registered Dietitian Nutritionists.

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healthy kids!