

October 2026 Lowell High School Breakfast Menu



All Breakfast items are whole grain.

Offered Daily: 1 % & skim milk, and fresh fruit

Breakfast is free for all students.

Offered Daily: (MS/HS): Assorted Cereal

Bowls, Assorted Muffins, Breakfast

Rounds, Benefit Bars, and Bagels with
Cream Cheese

*Menu subject to change



monday

tuesday

wednesday

thursday

friday

28 Overnight Oats with Berries and Chia Blueberry Muffin Apples and Pears	29 Southwest Chorizo Frittata Breakfast Smoothie Served with Oranges and Juice	30 Scrambled Eggs with Hashbrown Patty and Cheese Toast Yogurt Parfait Strawberries and Clementines	1 Bacon, Egg, and Cheese Croissant Breakfast Smoothie Fresh Fruit Cup & Juice	2 Sausage, Egg, and Cheese Wake up Wrap with a Hashbrown Patty Bagel with Cream Cheese Apples and Bananas
5 Waffles with Syrup Chocolate Chip Muffin Apples and Pears	6 Bacon Glazed Donut Breakfast Smoothie Served with Oranges and Juice	7 Fluffy Cheddar Scrambled Eggs, Rosemary Potato, Cheesy Toast Yogurt Parfait Strawberries and Clementines	8 Bacon, Egg and Cheese Croissant Breakfast Smoothie Fresh Fruit Cup & Juice	9 Bacon Breakfast Hash Bagel with Cream Cheese Apples & Bananas
12 Indigenous People's Days	13 Cheddar Bacon Avocado Toast on English Muffin Breakfast Smoothie Oranges and Juice	14 Ranchero Breakfast Taco Yogurt Parfait Strawberries and Clementines	15 Waffles with Bacon or Sausage and Syrup Breakfast Smoothie Fresh Fruit Cup & Juice	16 Chorizo Egg Cheese Wake up Wrap Bagel with Cream Cheese Apples and Bananas
19 Overnight Oats with Berries and Chia Seeds Blueberry Muffin Apples and Pears	20 Southwest Chorizo Frittata Breakfast Smoothie Oranges and Juice	21 Scrambled Eggs with Hashbrown Patty and Cheese Toast Yogurt Parfait Strawberries and Clementines	22 Bacon, Egg, and Cheese Croissant Breakfast Smoothie Fresh Fruit Cup & Juice	23 Sausage, Egg, and Cheese Wrap with a Hashbrown Patty Bagel with Cream Cheese Apples and Bananas
26 Cheesy Omelet with Rosemary Red Potato Chocolate Chip Muffin Apples and Pears	27 French Toast and Sausage with Syrup Breakfast Smoothie Oranges and Juice	28 Scrambled Eggs, Rosemary Potato, Cheese Toast Breakfast Smoothie Strawberries & Clementines	29 Beef Breakfast Tot Nachos Breakfast Smoothie Fresh Fruit Cup & Juice	30 Bacon Glazed Donut Bagel with Cream Cheese Apples and Bananas