

November 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
2 Overnight Oats Berries and Chia Seeds Blueberry Muffin Apples and Pears	3 Spinach and Feta Frittata with Biscuit Breakfast Smoothie Oranges and Juice	4 Turkey Chorizo, Egg and Cheese Nachos? Yogurt Parfait Strawberries and Clementines	5 Ham, Egg and Cheese Croissant Breakfast Smoothie Fresh Fruit Cup and Juice	6 Sausage and Cheese Wake Up Wrap Bagel with Cream Cheese Apples and Bananas
9 Waffles with Sausage and Syrup Chocolate Chip Muffin Apples and Pears	10 Bacon Glazed Donut Breakfast Smoothie Oranges and Juice	11 NO SCHOOL VETERANS DAY	12 Bacon, Egg and Cheese Croissant Breakfast Smoothie Fresh Fruit Cup and Juice	13 Bacon Breakfast Hash Bagel with Cream Cheese Apples and Bananas
16 Turkey Kielbasa Sausage and Pimento Cheese on a Biscuit Blueberry Muffin Apples and Pears	17 Cheddar Bacon Avocado Toast on a English Muffin Breakfast Smoothie Oranges and Juice	18 Ranchero Breakfast Taco Yogurt Parfait Strawberries and Clementines	19 Waffles with Bacon and Syrup Breakfast Smoothie Fresh Fruit Cup and Juice	20 Chorizo Egg Cheese Wake Up Wrap Bagel with Cream Cheese Apples and Bananas
23 Overnight Oats with Berries and Chia Seeds Chocolate Chip Muffin Apples and Pears	24 Southwest Chorizo Frittata Breakfast Smoothie Oranges and Juice	25 Scrambled Eggs with Hashbrown and Cheese Toast Yogurt Parfait Strawberries and Clementines	26 NO SCHOOL Thanksgiving Recess	27 NO SCHOOL Thanksgiving Recess
30 Cheesy Omelet with Rosemary Red Potato Blueberry Muffin Apples and Pears	1 French Toast and Sausage with Syrup Breakfast Smoothie Oranges and Juice	2 Scrambled Eggs, Rosemary Potato and Cheese Toast Yogurt Parfait Strawberries and Clementines	3 Beef Tater Tot Nachos Breakfast Smoothie Fresh Fruit Cup and Juice	4 Bacon Glazed Donut Bagel with Cream Cheese Apples and Bananas