the times refresh refuel relax		Ap Breakfas			2017
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 French Toast Sticks String Cheese Fruit Cup Orange juice Low fat Milk	4 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	5 Mini Cinnamon Buns String Cheese Apple slices Juice Low fat milk	6 Hot Egg & Cheese Bagel Blueberries Apple Juice Low fat milk	7 Egg & Cheese Sandwich on a WG Roll Apple Juice Mixed Fruit Low fat milk	Special News Breakfast for students \$1.00
10 S	¹¹ pring Holida	12 y Recess- S	13 Schools Clos	14 ed	Available Daily: Hot Egg, Cheese and sausage SDW
17 Mini Cinnamon Buns String Cheese Apple slices Juice Low fat milk	18 French Toast Sticks Maple Syrup Sausage Diced Pears Orange juice Low fat Milk	19 _{Hot Egg & Cheese} Bagel Fruit Cup Apple Juice Low fat milk	20 Scrambled egg Potato Hash browns Orange Juice Blueberries Low fat milk	21 Mini Pancakes String cheese Orange juice Peaches Low fat milk	Assorted WG Breakfast Cereals WG Bagels Low fat Yogurts All breakfast meals must
24 Hot Egg & Cheese Bagel Fruit Cup Apple Juice Low fat milk	25 /ini Cinnamon Buns String Cheese Sliced Apples Juice Low fat milk	26 Scrambled egg Potato Hash browns Orange Juice Sliced Pears Low fat milk	27 Hot Egg & Cheese Bagel Blueberries Apple Juice Low fat milk	28 French Toast Sticks String Cheese Fruit Cup Orange juice	include a fruit and or a 100% fruit juice Questions? Please Contact Barbara Stabile,
for lunch, you are entit	u are on the free or reduced meal prog tled to the same meal benefit at breakfa th a healthy, delicious breakfast in you cafeteria!	ast?			Food Service Director with Aramark 274-4144 Menus are subject to change without notice.

Robert Frost Middle School

