	the	Lunch N				2018
2	MONDAY		HOLIDAY HOLIDAY HOOLS CL		FRIDAY	Special News Sandwiches of the day
9	Barbeque Chicken Vegetarian Beans Whole Grain Roll Blueberries Choice of Milk	10 Twin Taco Tuesday Turkey & Cheese Twin Tacos Shredded Lettuce Sour Cream Applesauce Choice of Milk	11 General Tso Chicken Rice Carrots Mixed Fruit Cup Choice of Milk	12 Pasta & Meat Balls With Tomato sauce Broccoli Chilled Peaches Choice Of Milk	13 Chicken Salad In a Pita Pocket Cucumber Salad Pears Choice Of Milk	Turkey American Sub Turkey & Cheese Tuna Egg Salad Lo Sodium Ham & Cheese All sandwiches are on 100% whole grain
16	Hot Dog On a Bun Vegetarian Beans Sliced Pears Choice Of Milk	17 Nachos Shredded Cheese & Lettuce Sour Cream Applesauce Choice of Milk	18 Fajita Chicken Rice Carrots Diced Peaches Choice Of Milk	19 Meatball Hero Peas Mixed Fruit Choice Of Milk	20 Chicken Parm Rotini Pasta and Tomato Sauce Green Beans Chilled Peaches Choice Of Milk	breads or wraps. Featuring Boar's Head Deli Brand Meats PIZZA Enjoy a hot piece of delicious hand
23	Barbeque Chicken Vegetarian Beans Whole Grain Roll Blueberries Choice of Milk	24 Fajita Chicken Rice Broccoli Fruit Cup Choice of Milk	25 Chicken Parm Rotini Pasta and Tomato Sauce Green Beans Chilled Peaches Choice Of Milk	26 Nachos Shredded Cheese & Lettuce Sour Cream Applesauce Choice of Milk	27 Chicken Salad In a Pita Pocket Carrot & Raisin Salad Pears Choice Of Milk	deficious hand made cheese pizza Or try one of our specialty pizzas; Veggie pizza Chicken Parm Pizza Meatball Pizza So many to choose from! Menus are subject to change without notice.
30	Baked Chicken Vegetarian Beans Whole Grain Roll Peaches Choice			Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries		

Robert Frost Middle School

