February

Happy Valentine's day!

refresh refuel re

A Start			Table 1 and 1 and			
MON	DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	1 Grilled Cheese Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	2 Oven Roasted Chicken Corn Brown Rice Apple Slices Choice Of Milk	Special News Sandwiches of the day Turkey American Sub
5 Brunch Fr French To Hash B String o Diced P Choice	oast Sticks Growns Cheese Peaches	6 General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	7 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	8 Grilled Cheese Sandwich Coleslaw Sliced Apples Choice of Milk	9 Barbeque Chicken Oven Baked Fries Applesauce Choice of Milk	Turkey & Cheese Tuna Egg Salad Lo Sodium Ham & Cheese All sandwiches are on 100% whole grain breads or wraps.
12 Sweet & So Ric Steamed Peac Low Fa	ur Chicken ce broccoli ches	3 Barbeque Chicken Fries Applesauce Choice of Milk	14 Chicken Parm Hero Green Beans Spiced Apple slices Valentine's Cake Choice Of Milk Happy Valentine's Day!	15 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	16 Grilled Cheese Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	Featuring Boar's Head Deli Brand Meats PIZZA Enjoy a hot piece of delicious hand
19	Ń		ITER RE		23	made cheese pizza Or try one of our specialty pizzas; Veggie pizza Chicken Parm Pizza Meatball Pizza
26 Grilled Chee Sweet Po Mixed Choice	tato Fries I Fruit	7 Beef Nachos & Cheese Corn Salsa Sliced Peaches Choice Of Milk	28 Brunch For Lunch French Toast Sticks Hash Browns String cheese Diced Beacher		Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked	Lunch Prices have Changed Student Lunch is \$2.15 Menus are subject to change without notice.

fries

Robert Frost Middle School

Diced Peaches

Choice Of Milk

Choice Of Milk



2018

Lunch Menu