lovember

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Thanksgiving		1 General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	2 Chicken Parm Hero Green Beans Spiced Apple slices Choice Of Milk	3 Grilled Cheese Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	Special News Sandwiches of the day Turkey American Sub Turkey & Cheese Tuna Egg Salad Lo Sodium Ham & Cheese All sandwiches are on 100% whole grain breads or wraps. Featuring Boar's Head Deli Brand Meats PIZZA Enjoy a hot piece of delicious hand made cheese pizza Or try one of our specialty pizzas; Veggie pizza Chicken Parm Pizza Meatball Pizza Lunch Prices have Changed Student Lunch is \$2.15 Menus are subject to change without notice.
6 Brunch For Lunch French Toast Sticks Hash Browns String cheese Diced Peaches Choice Of Milk	7 Superintendent's Conference Day Schools Closed	8 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	9 Grilled Cheese Sandwich Coleslaw Sliced Apples Choice of Milk	10 Veteran's Day Schools Closed Remember Our VETERANS	
13 Hot Dog On a Bun Vegetarian Beans Diced Pears Choice Of Milk	14 Barbeque Chicken Strips Fries Applesauce Choice of Milk	15 Brunch For Lunch French Toast Sticks Hash Browns String cheese Diced Peaches Choice Of Milk	16 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	17 Grilled Cheese Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	
20 Oven Roasted Turkey Corn Mashed Potatoes & Gravy Apple Cobbler Choice Of Milk	21 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	22 Grilled Cheese & Tomato Sandwich Cole slaw Mixed Fruit Choice Of Milk	23 Thanksgivi Schools		
27 Grilled Cheese Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	28 Beef Nachos & Cheese Corn Salsa Sliced Peaches Choice Of Milk	29 Barbeque Chicken Strips Oven Baked Fries Applesauce Choice of Milk	30 Flatbread Pizza Broccoli Sliced Pears Choice Of Milk	Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries	

Robert Frost Middle School

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