November

Welcome Fall

	Lunch Went				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	\sim
Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich o Spicy Chicken Sandwich A served with crisp oven bak fries	u		1 Meatball Parm Hero Green Beans Fresh Fruit Choice Of Milk	2 French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh 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
5 French Toast Sticks Hash Browns Mozzarella Cheese Co Fresh Fruit Choice Of Milk	Conference Day	7 Pasta and Meatballs Broccoli Garlic Roll Fruit Cup Choice Of Milk	8 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	9 General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	
12 Veteran's day Schools closed	Chroddod Lottuco & Colco	14 Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit Choice Of Milk	15 Chicken Parm Hero Broccoli Fresh Fruit Choice Of Milk	16 Barbeque Chicken Fries Green Beans Fresh Fruit Choice of Milk	
19 Grilled Cheese Tomato Sandwid Cole slaw Mixed Fruit Choice Of Mille	Shredded Lettuce & Salsa Sour Cream	21 Th	²² anksgiving Rece Schools closed	23 SS	
26 General Tso Chicker Rice Broccoli Fruit Cup Choice of Milk	n 27 Barbeque Chicken Coleslaw Fresh Fruit Choice of Milk	28 Brunch For Lunch French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit	29 Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit Choice Of Milk	30 Mozzarella sticks Carrot Crunchers Marinara Sauce Garlic Roll Fruit Cup Choice Of Milk	

Robert Frost Middle School



2018