October

2018

	refresh refuel relax	Lunch Menu	Welcome F	all!		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit Choice Of Milk Columbus Day Schools Closed	2 Mozzarella sticks Carrot Crunchers Marinara Sauce Garlic Roll Fruit Cup Choice Of Milk	3 Barbeque Chicken Coleslaw Fresh Fruit Choice of Milk	4 Meatball Parm Hero Green Beans Fresh Fruit Choice Of Milk	5 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 Wenus are subject to change without notice.
8		9 Brunch For Lunch French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit	10 Pasta and Meatballs Broccoli Garlic Roll Fruit Cup Choice Of Milk	11 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	12 General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	
15	Meatball Hero Green Beans Mixed Fruit Choice Of Milk	<b>16</b> Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	<b>17</b> Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit Choice Of Milk	18 Chicken Parm Hero Broccoli Fresh Fruit Choice Of Milk	<b>19</b> Barbeque Chicken Fries Green Beans Fresh Fruit Choice of Milk	
22	Grilled Cheese & Tomato Sandwich Cole slaw Mixed Fruit Choice Of Milk	23 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	24 Meatball Hero Broccoli Fresh Fruit Choice Of Milk	25 Brunch For Lunch French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit	26 Chicken Parm with Pasta Sweet Peas Fresh fruit Choice Of Milk	
29	General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	<b>30</b> Barbeque Chicken Coleslaw Fresh Fruit Choice of Milk	<b>31</b> Brunch For Lunch French Toast Sticks Hash Browns Mozzarella Cheese Cup	Happy Halloween!	Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries	

## **Robert Frost Middle School**

