the ines

Robert Frost Middle School

October 2018

refresh. refuel. relax.

MONDAY

French Toast Sticks Sausage TUESDAY

Scrambled Eggs & Turkey Sausage WEDNESDAY

Breakfast

French Toast Sticks Sausage **THURSDAY**

Scrambled Cheesy Eggs & sliced Ham WG Roll FRIDAY

French Toast Sticks Sausage

Hot Egg & Cheese On A Bagel Hot
Egg &
Cheese
On A Bagel

Hot Egg & Cheese On A Bagel Hot
Egg &
Cheese
On A Bagel

Hot
Egg &
Cheese
On A Bagel

Bacon, Egg & Cheese On A bagel Bacon, Egg & Cheese On A bagel Bacon, Egg & Cheese On A bagel Bacon, Egg & Cheese On A bagel Bacon, Egg & Cheese On A bagel

Assorted freshly baked muffins

Low fat Yogurt & Fruit Parfaits with WG Cereal Low fat
Yogurt & Fruit
Parfaits
with
WG Cereal

Low fat
Yogurt & Fruit
Parfaits
with
WG Cereal

Low fat Yogurt & Fruit Parfaits with WG Cereal

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More info...

Every Day Options Include:

Cream Cheese or Butter Bagels and Kaiser Rolls.
Assorted cold cereals.

100% Orange Juice, assorted fruits and low fat flavored or unflavored milk

Student Breakfast Price: \$1.00

More info...

Did you know that if you qualify for free or reduced lunch, you also qualify for free or reduced breakfast? So, start your day the Aramark way with a hot nutritious breakfast!

Questions? Contact Barbara Stabile, Food Service Director @Aramark 631-274-4144

