September

Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4	Labor Day Schools Closed	5 Beef Nachos & Cheese Corn Salsa Sliced Peaches Choice Of Milk 1 st Day Of School	6 Barbeque Chicken Strips Fries Applesauce Choice of Milk	7 Meatball Hero Green Beans Spiced Apple slices Choice Of Milk	8 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
11	General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	12 _{Beef & Cheese Nachos with} Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	13 Brunch For Lunch French Toast Sticks Hash Browns String cheese Diced Peaches Choice Of Milk	14 Grilled Cheese Sandwich Coleslaw Sliced Apples Choice of Milk	15 Hot Dog On a Bun Vegetarian Beans Diced Pears Choice Of Milk	
18	Meatball Hero Green Beans Mixed Fruit Choice Of Milk	19 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	20 Brunch For Lunch French Toast Sticks Hash Browns String cheese Diced Peaches Choice Of Milk		22 ASHANAH S CLOSED	
G	Barbeque Chicken Fries Green Beans Peaches Choice of Milk	26 _{Beef & Cheese Nachos With} Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	27 Meatball Hero Broccoli Spiced Apple slices Choice Of Milk	28 Hot Dog On a Bun Vegetarian Beans Diced Pears Choice Of Milk	29 Grilled Cheese & Tomato Sandwich Cole slaw Mixed Fruit 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



2017