Robert Frost Middle School

January 2019

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

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

Assorted freshly baked muffins

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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

