the tines refresh. refuel relax	National Contract of Contract	arch Welcome	Spring!!		2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries				1 French Toast Sticks Hash Brown Potato Mozzarella Cheese Stick Berry Cup 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
4 General Tso Chicken Rice Carrots Fruit Cup Choice of Milk	5 Meatball Parm Hero Green Beans Peach Cup Choice of Milk	6 Grilled Cheese & Tomato Sandwich Broccoli Mixed Fruit Choice Of Milk	7 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	8 Barbeque Chicken Strips Vegetarian Beans Fruit Cup Choice of Milk	
11 Grilled Chicken Fajita in a Tortilla Wrap Corn & Bean Salad Fruit Cup Choice Of Milk	12 Twin Turkey Taco Tuesday Shredded Lettuce & Salsa Applesauce Choice of Milk	13 French Toast Sticks Hash Brown Potatoes Cheese Stick Diced Pears Choice Of Milk	14 Chicken Parm Hero Green Beans Berry Cup Choice Of Milk	15 Hot Dog On A Bun Vegetarian Beans Fruit Cup Choice Of Milk	
18 Fajita Chicken Rice Broccoli Fruit Cup Choice of Milk	19 Meatball Parm Hero Green Beans Peach Cup Choice of Milk	20 Barbeque Chicken Strips Broccoli Peach Cup Choice of Milk	21 Chicken Gyro Pita Tahini Sauce Cucumber Salad Fruit Cup Choice of milk	22 Grilled Cheese & Tomato Sandwich Tater Tots Mixed Fruit Choice Of Milk	
25 Chicken Parm Hero Green Beans Berry Cup Choice Of Milk	26 French Toast Sticks Roasted Potatoes Mozzarella Cheese Stick Strawberry Cup Choice Of Milk	27 General Tso Chicken Rice Broccoli Fruit Cup Choice of Milk	28 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Applesauce Choice of Milk	29 Hot Dog On A Bun Vegetarian Beans Fruit Cup Choice Of Milk	

Robert Frost Middle School

