the tines	INIGN				2019	
refresh refuel relax	Lunch Menu					
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 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Peaches Choice of Milk	2 Hot Dog On A Bun Vegetarian Beans Fruit Cup Choice Of Milk	3 French Toast Sticks Carrot Crunchers 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 change without notice.	
6 General Tso Chicken Rice Carrots Fruit Cup Choice of Milk	7 Meatball Parm Hero Green Beans Peach Cup Choice of Milk	8 Grilled Cheese & Tomato Sandwich Carrots Mixed Fruit Choice Of Milk	9 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Blueberries Choice of Milk	10 Chicken salad On A Roll with lettuce Green Bean Salad Pears Choice of Milk		
13 Grilled Chicken Fajita in a Tortilla Wrap Corn & Bean Salad Fruit Cup Choice Of Milk	14 Turkey Nachos Tuesday Shredded Lettuce & Salsa Pears Choice of Milk	15 French Toast Sticks Carrot Crunchers Cheese Stick Diced Peaches Choice Of Milk	16 Chicken Parm Hero Green Beans Berry Cup Choice Of Milk	17 Hot Dog On A Bun Corn Fruit Cup Choice Of Milk		
20 Grilled Chicken Fajita in a Tortilla Wrap Corn & Bean Salad Fruit Cup Choice Of Milk	21 Grilled Cheese & Tomato Sandwich Tater Tots Peaches Choice Of Milk	22 General Tso Chicken Rice Broccoli Pears Choice of Milk	23 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Blueberries Choice of Milk	24 Memorial Day Weekend Begins Schools Closed		
27 Memorial Day Schools Closed	28 French Toast Sticks Carrots Mozzarella Cheese Stick Blueberries Choice Of Milk	29 General Tso Chicken Rice Green Beans Fruit Cup Choice of Milk	30 Turkey Nachos Tuesday Shredded Lettuce & Salsa Peaches Choice of Milk	32 hicken salad On A Roll with lettuce Green Bean Salad Pears Choice of Milk		

Robert Frost Middle School



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