



**ROBERT FROST
MIDDLE
SCHOOL**
November 2019
Lunch

Sandwiches of the day:

- Turkey
 - American Sub
 - Turkey & Cheese
 - Tuna
 - Egg Salad
 - Lo Sodium Ham & Cheese
- All sandwiches are on 100% whole grain or wrap
Featuring Boar's Head Deli Meats

PIZZA PIZZA!!!

- Enjoy a piece of delicious hand made cheese pizza or one of our specialty pizzas:
- Veggie Pie
 - Meatball Pie
 - Pepperoni Pie
 - Low fat milk or flavored Milk offered

Lunch Price for students
Is \$2.15



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Featured Daily:
Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries

4
Grilled Cheese Sandwich
Carrots
Mixed Fruit

11
Veteran's day
Schools Closed

18
Buffalo Chicken Pizza Bagel
Green Beans
Mixed Fruit Cup

25
Country Chicken Bowl
Popcorn Chicken covered in Mashed potatoes, Corn and Gravy
Fruit Cup
Low Fat Milk

5
Superintendent's Conference Day
Schools Closed

12
Chicken, Cheese & Bacon BLT on a Bun
Fries
Peach Cup
Low Fat Milk

19
Beef & Cheese Nachos with Shredded Lettuce & Salsa
Sour Cream
Strawberry Cup

26
Grilled Cheese Sandwich
Carrots
Mixed Fruit

6
National Nacho Day!
Beef & Cheese Nachos
Sour Cream & Salsa
Peach Cup
Low Fat Milk

13
French Toast Sticks
Hash Browns
Canadian Bacon(Pork)
Fruit Cup
Low Fat Milk

20
Thanksgiving Turkey Dinner
Roasted Turkey
Garlic Mashed Potatoes & Gravy
Corn & a biscuit
Apple Cobbler

27
Thanksgiving Recess
Schools Closed

7
French Toast Sticks
Hash Browns
Canadian Bacon(Pork)
Fruit Cup
Low Fat Milk

14
Meatball Hero
Carrots
Mixed Fruit
Low fat Milk

21
French Toast Sticks
Hash Browns
Mozzarella Cheese Cup
Fresh Fruit

28
Happy Thanksgiving
Schools Closed

1
National Calzone Day!
Cheese Calzone
Tomato Sauce
Green Beans
Strawberry Cup
Low Fat milk

8
Chicken/Cheese & Rice Burrito
Vegetarian Beans
Mixed Fruit Cup
Low Fat Milk

15
Chili Cheese Fries
Fruit Cup
Low Fat Milk

22
Chicken, Cheese & Bacon BLT on a Bun
Fries
Peach Cup
Low Fat Milk

29
Thanksgiving Recess
Schools Closed