Robert Frost Middle School

November 2019

Breakfast Nove refresh. refuel. relax.

MONDAY

French Toast Sticks Canadian Bacon Fresh fruit Milk

TUESDAY

Cini Mini Rolls Cheese Stick Fresh Fruit Milk

WEDNESDAY

French Toast Sticks Canadian Bacon Fresh Fruit Milk

THURSDAY

Cini Mini Rolls Cheese Stick Fresh Fruit Milk

FRIDAY

French Toast Sticks Canadian Bacon Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Bacon, Egg & Cheese On A bagel Fresh Fruit Milk

Bacon, Egg Cheese On A bagel Fresh Fruit Milk

Bacon, Egg & Cheese On A bagel Fresh Fruit Milk

Bacon, Egg & Cheese On A bagel Fresh Fruit Milk

Bacon, Egg & Cheese On A bagel Fresh Fruit Milk

Assorted freshly baked muffins Cheese Stick Fresh Fruit Milk

Assorted freshly baked muffins Cheese Stick Fresh Fruit Milk

Assorted freshly baked muffins Cheese Stick Fresh fruit Milk

Assorted freshly baked muffins Cheese Stick Fresh Fruit Milk

Assorted freshly baked muffins Cheese Stick Fresh Fruit Milk

ow fat Yogurt & Fruit Parfaits with WG Cereal Milk

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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

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