



refresh. refuel. relax.

ROBERT FROST MIDDLE SCHOOL

October 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 offer

Lunch Price for students
Is \$2.15



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**ROSH
HASHANAH
SCHOOLS
CLOSED**

1

French Toast Sticks
Hash Browns
Mozzarella Cheese Cup
Fresh Fruit

2

General TSOs Chicken
Rice
Green Beans
Roll
Fruit Cup

3

Meatball Hero
Carrots
Mixed Fruit

4

Chicken & Cheese
quesadilla
Bean Salad
Salsa & Sour Cream
Strawberry Cup

7

Grilled Cheese
Sandwich
Black Bean & Corn
Salad
Mixed Fruit

8

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

9

**YOM KIPPUR
SCHOOLS
CLOSED**

10

Chicken Parm Hero
Carrots
Peach Cup

11

Chicken/Cheese &
Rice Burrito
Vegetarian Beans
Mixed Fruit Cup

14

**Columbus Day
Schools**

15

Meatball Hero
Carrots
Mixed Fruit

16

French Toast Sticks
Hash Browns
Mozzarella Cheese Cup
Fresh Fruit

17

Grilled Cheese
Sandwich
Black Bean & Corn
Salad
Mixed Fruit

18

General TSOs
Chicken
Rice
Green Beans

National School Lunch Week! Lunch is \$1.00 all week.! 2nd lunch is full price.

21

Buffalo Chicken
Pizza Bagel
Green Beans
Mixed Fruit Cup

22

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

23

Roast Turkey
Garlic Mashed Potato
WG Biscuit
Corn
Apple Slices

24

Chicken Parm Hero
Carrots
Peach Cup

25

Grilled Cheese
Sandwich
Black Bean & Corn
Salad
Mixed Fruit

28

Meatball Hero
Carrots
Mixed Fruit

29

French Toast Sticks
Hash Browns
Mozzarella Cheese Cup
Fresh Fruit

30

General TSOs Chicken
Rice
Green Beans
Roll
Fruit Cup

31

Beef & Cheese Nachos
with
Shredded Lettuce &
Salsa
Sour Cream
Strawberry Cup
Have a safe and happy
Halloween!

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