September

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Labor Day Schools Closed	3 Superintendent's Conference Day Schools Closed	4 General TSOs Chicken Rice Broccoli Garlic Roll Fruit Cup Choice Of Milk	5 Meatball Parm Hero Green Beans Fresh Fruit Choice Of Milk	6 Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit 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 Student Lunch is \$2.15
9 Barbeque Chicken Coleslaw WG Biscuit Fresh Fruit Choice of Milk	10 Chicken Gyro with Shredded Lettuce Tahini Sauce Cucumber Salad Fresh Fruit Choice Of Milk	11 Beef & Cheese Nachos with Shredded Lettuce & Salsa Sour Cream Mango Applesauce Choice of Milk	12 French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit Choice Of Milk	13 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk	
16 Meatball Hero Carrots Mixed Fruit Choice Of Milk	<b>17</b> Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Mango Applesauce Choice of Milk	18 Roast Turkey Garlic Mashed Potato WG Biscuit Corn Apple Slices Choice Of Milk	19 Chicken Parm Hero Broccoli Fresh Fruit Choice Of Milk	20 Barbeque Chicken Vegetarian Beans Fresh Fruit Choice of Milk	
23 Grilled Cheese & Tomato Sandwich Sweet Potato Fries Mixed Fruit Choice Of Milk	24 Meatball Hero Broccoli Fresh Fruit Choice Of Milk	25 French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit Choice Of Milk	26 Beef & Cheese Nachos With Shredded Lettuce & Salsa Vegetarian Beans Mango Applesauce Choice of Milk	27 Chicken Parm with WG Pasta Sweet Peas Fresh fruit Choice Of Milk	
30 ROSH HASHANAH Schools Closed				Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries	

## **Robert Frost Middle School**



2019