Robert Frost Middle School

September 2019

Breakfast Septer refresh. refuel. relax.

MONDAY

French Toast Sticks Cheese Stick Fresh fruit Milk

TUESDAY

Scrambled Eggs & Cheese Stick WG Roll Fresh Fruit Milk

WEDNESDAY

French Toast Sticks Cheese Stick Fresh Fruit Milk

THURSDAY

Scrambled Cheesy Eggs & Cheese Stick WG Roll Fresh Fruit Milk

FRIDAY

French Toast Sticks Cheese Stick 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 ጼ 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 Fresh Fruit Milk

ow fat Yogurt & Fruit Parfaits with WG Cereal Milk

ow fat Yogurt & Fruit Parfaits with WG Cereal Milk

ow fat Yogurt & Fruit Parfaits with WG Cereal 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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