

# ROBERT FROST MIDDLE SCHOOL

## December 2019 Lunch

### Sandwiches Available Daily

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

### PIZZA PIZZA!!!

Enjoy a piece of delicious hand made cheese 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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2  
 Grilled Cheese Sandwich  
 Carrots  
 Mixed Fruit

3  
 Chicken, Cheese & Bacon BLT on a Bun  
 Fries  
 Peach Cup

4  
 Meatball Hero  
 Carrots  
 Mixed Fruit

5  
 Chicken/Cheese & Rice Burrito  
 Vegetarian Beans  
 Mixed Fruit Cup

6  
 Chicken Ranch Gyro With lettuce in a Pita Pocket  
 Corn & Bean Salad  
 Apple sauce Cup

9  
 French Toast Sticks  
 Hash Browns  
 Canadian Bacon( Pork)  
 Fruit Cup

10  
 BBQ Chicken  
 Vegetarian Beans  
 WG Roll  
 Strawberry Cup

11  
**National "Have a Bagel Day"**  
 Buffalo Chicken  
 Pizza Bagel  
 Green Beans  
 Mixed Fruit Cup

12  
 Grilled Cheese Sandwich  
 Carrots  
 Mixed Fruit

13  
 Chicken, Cheese & Bacon BLT on a Bun  
 Fries  
 Peach Cup

16  
 Mac & Cheese  
 Popcorn Chicken  
 Green Beans  
 Peach Cup

17  
 Beef & Cheese Nachos  
 Shredded Lettuce  
 Salsa, Sour Cream  
 Strawberry Cup

18  
 Chicken Ranch Gyro With lettuce in a Pita Pocket  
 Corn & Bean Salad  
 Apple sauce Cup

19  
 Meatball Hero  
 Carrots  
 Mixed Fruit

20  
 French Toast Sticks  
 Hash Browns  
 Canadian Bacon( Pork)  
 Fruit Cup

23

24

25

26

27

# WINTER HOLIDAY RECESS-SCHOOLS CLOSED

30  
 WINTER HOLIDAY RECESS-SCHOOLS CLOSED

31

