

**ROBERT FROST
MIDDLE
SCHOOL**
February 2020
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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3
 French Toast Sticks
 Hash Browns
 Canadian Bacon(Pork)
 Pears

4
 Mac & Cheese
 Popcorn Chicken
 Green Beans
 Peach Cup

5
 Beef & Cheese Nachos
 Shredded Lettuce
 Salsa, Sour Cream
 Strawberry Cup

6
 Grilled Cheese
 Sandwich
 Carrots
 Mixed Fruit

7
 Penne Pasta
 &
 Meatballs
 WG Bread Stick
 Broccoli
 Fruit Cup

10
 French Toast Sticks
 Hash Browns
 Canadian Bacon(Pork)
 Fruit Cup

11
 BBQ Chicken
 Vegetarian Beans
 Strawberry Cup

12
 Buffalo Chicken
 Wrap
 Green Beans
 Mixed Fruit Cup

13 **National Italian Food
 Day**
 Chicken Parmigiana
 with Penne
 Pasta\Tossed Salad
 Fruit Cup

14
 Chicken & Cheese BLT
 on A Bun
 Fries
 Fruit Cup
Happy Valentine's Day

\$1.00 Day Lunches are back!! Student lunch price is \$1.00 all week. 2nd lunches are \$2.15

17

18

19

20

21

**MIDWINTER RECESS
SCHOOLS CLOSED**

24
 Spicy Chicken, Cheese
 & Bacon BLT on a Bun
 Fries
 Applesauce C

25
 French Toast Sticks
 Hash Browns
 Canadian Bacon(Pork)
 Pears

26
 Mac & Cheese
 Popcorn Chicken
 Green Beans
 Peach Cup

27
 Chicken/Cheese &
 Rice Burrito
 Vegetarian Beans
 Strawberry Cup

28
 Grilled Cheese
 Sandwich
 Carrots
 Pears



**Red Velvet Cookies available at
 snack on Valentine's Day.
 Buy one for a special friend!
 \$1.00**