

ROBERT FROST MIDDLE SCHOOL

January 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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1
**New Year's Day
Schools Closed**

2
Grilled Cheese
Sandwich
Carrots
Mixed Fruit

3
Penne Pasta
&
Meatballs
WG Bread Stick
Broccoli
Fruit Cup

6
French Toast Sticks
Hash Browns
Canadian Bacon(Pork)
Fruit Cup

7
BBQ Chicken
Vegetarian Beans
WG Roll
Strawberry Cup

8
Buffalo Chicken
Wrap
Green Beans
Mixed Fruit Cup

9
Grilled Cheese
Sandwich
Carrots
Pears

10
Chicken, Cheese &
Bacon BLT on a Bun
Fries
Peach Cup

13
Mac & Cheese
Popcorn Chicken
Green Beans
Peach Cup

14
Beef & Cheese Nachos
Shredded Lettuce
Salsa, Sour Cream
Strawberry Cup

15
National Bagel Day!
Pizza Bagel
Tossed Salad
Fruit Cup

16
**National Spicy
Food Day!**
Spicy Chicken, Cheese
& Bacon BLT on a Bun
Fries
Applesauce Cup

17
French Toast Sticks
Hash Browns
Canadian Bacon(Pork)
Pears

20
**Martin Luther
King Jr. Day
Schools Closed**

21
Chicken, Cheese &
Bacon BLT on a Bun
Fries
Peach Cup

22
Meatball Hero
Carrots
Mixed Fruit

23
Chicken/Cheese &
Rice Burrito
Vegetarian Beans
Strawberry Cup

24
Grilled Cheese
Sandwich
Carrots
Pears

27
French Toast Sticks
Hash Browns
Canadian Bacon(Pork)
Fruit Cup

28
Beef & Cheese Nachos
Shredded Lettuce
Salsa, Sour Cream
Strawberry Cup

29
Mac & Cheese
Popcorn Chicken
Green Beans
Peach Cup

30
Chicken, Cheese &
Bacon BLT on a Bun
Fries
Applesauce Cup

31
Penne Pasta
&
Meatballs
WG Bread Stick
Broccoli
Pears