



# Robert Frost Middle School

Breakfast

April 2021

refresh. refuel. relax.

## MONDAY

Mini Pancakes  
Cheese Stick  
Fresh Fruit  
Milk

## TUESDAY

Cini Mini  
Cheese Stick  
Fresh Fruit  
Milk

## WEDNESDAY

Virtual Learning  
No Students  
Meal Pick Up at  
HS  
8-9:30

## THURSDAY

Egg & Cheese  
On A 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

Virtual Learning  
No Students  
Meal Pick Up at  
HS  
8-9:30

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Hot  
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

Virtual Learning  
No Students  
Meal Pick Up at  
HS  
8-9:30

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

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Virtual Learning  
No Students  
Meal Pick Up at  
HS  
8-9:30

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Low fat Yogurt &  
Fruit Parfaits  
with  
WG Cereal  
Milk

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Virtual Learning  
No Students  
Meal Pick Up at  
HS  
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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...

**BREAKFAST AND LUNCH MEALS ARE FREE  
UNTIL JUNE 30, 2021 FOR ALL**

Questions? Contact Barbara Stabile,  
Food Service Director @Aramark  
631-274-4144