



Robert Frost Middle School

Breakfast

December 2020

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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Meal Pick Up at
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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