



# NOVEMBER

# 2020

## Lunch Menu Robert Frost Middle School

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |   |
|---|--|--|--|---|---|
| <b>2</b><br>Meatball Parm Hero<br>Green Beans<br>Fruit Cup<br>Choice Of Milk                              | <b>3</b><br><b>ELECTION DAY</b><br><b>SCHOOLS CLOSED</b>   | <b>4</b><br>French Toast Sticks<br>Hash Browns<br>Mozzarella Cheese Stick<br>Peach Cup<br>Choice Of Milk | <b>5</b><br>Beef & Cheese Nachos With<br>Shredded Lettuce & Salsa<br>Sour Cream<br>Strawberry Cup  | <b>6</b><br>Grilled Cheese Sandwich<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Choice Of Milk | <b>Special News...</b><br><b>Sandwiches of the day</b><br>Turkey<br>American Sub<br>Turkey & Cheese<br>Tuna<br>Egg Salad<br>Lo Sodium Ham & Cheese<br><b>PIZZA...</b><br>Enjoy a hot piece of delicious hand made cheese pizza<br>Or try one of our specialty pizzas;<br>Veggie pizza<br>Chicken Parm Pizza<br>Meatball Pizza<br><b>Featured Daily;</b><br><b>Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich</b><br><b>All served with crisp oven baked fries</b><br>Questions?<br>Contact<br>Barbara Stabile @<br>Aramark<br>at:<br>631-274-4144<br>Menus are subject to change without notice. |
| <b>9</b><br>Barbeque Chicken<br>Fries<br>Sliced Bread<br>Fresh Fruit<br>Choice of Milk                    | <b>10</b><br>Chicken & Cheese Burrito<br>Green Beans<br>Fresh Fruit<br>Choice Of Milk                                | <b>11</b><br><b>Virtual Learning</b><br><b>No Students</b><br><b>Veteran's Day</b>                       | <b>12</b><br>French Toast Sticks<br>Hash Browns taters<br>Mozzarella Cheese cup<br>Peach Cup<br>Choice Of Milk                                   | <b>13</b><br>General Tso Chicken<br>Brown Rice<br>Broccoli<br>Fruit Cup<br>Choice of Milk       |   |
| <b>16</b><br>Grilled Cheese Sandwich<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Choice Of Milk          | <b>17</b><br>Beef & Cheese Nachos With<br>Shredded Lettuce & Salsa<br>Sour Cream<br>Strawberry Cup<br>Choice of Milk | <b>18</b><br><b>Virtual Learning</b><br><b>No Students</b>   | <b>19</b><br>Fajita Chicken<br>Rice<br>Broccoli<br>Fresh Fruit<br>Choice Of Milk   | <b>20</b><br>Barbeque Chicken<br>Vegetarian Beans<br>Mixed berry Cup<br>Choice of Milk          |   |
| <b>23</b><br>French Toast Sticks<br>Hash Browns<br>Mozzarella Cheese Stick<br>Peach Cup<br>Choice Of Milk | <b>24</b><br>Beef & Cheese Nachos With<br>Shredded Lettuce & Salsa<br>Sour Cream<br>Strawberry Cup                   | <b>25</b><br>Grilled Cheese Sandwich<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Choice Of Milk         | <b>THANKSGIVING RECESS</b><br><b>SCHOOLS CLOSED</b>  |   |   |
| <b>30</b><br>Grilled Cheese Sandwich<br>Black Bean & Corn Salad<br>Mixed Fruit<br>Choice Of Milk          |  |  | The Snack Windows will be open for regular cold food check out as well as snack to assist in maintaining social distancing and speed of service. |   |   |

All student meals are free to all students until June 2021!!

Take Home Meals available Tuesdays at days end in the cafeteria free of charge

