



# Robert Frost Middle School

Breakfast

November 2020

refresh. refuel. relax.

## MONDAY

Mini Pancakes  
Cheese Stick  
Fresh Fruit  
Milk

## TUESDAY

Cini Mini  
Cheese Stick  
Fresh Fruit  
Milk

## WEDNESDAY

Mini waffle  
Fruit Cup  
Cheese Cup  
Milk

## 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

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

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

Bacon, 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

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked muffins  
Fresh Fruit  
Milk

Low fat Yogurt &  
Fruit Parfaits  
with  
WG Cereal  
Milk

Low fat Yogurt &  
Fruit Parfaits  
with  
WG Cereal  
Milk

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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...

Did you know that if you qualify for free or reduced lunch, you also qualify for free or reduced breakfast? So, start your day the Aramark way with a hot nutritious breakfast!

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