# **Robert Frost Middle School** Breakfast Oct refresh. refuel. relax.

October 2020

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Mini Pancakes Cheese Stick Fresh Fruit Milk

#### **TUESDAY**

Cini Mini Cheese Stick Fresh Fruit Milk

### WEDNESDAY

Virtual Day

#### **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 Day

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Hot Egg & Cheese On A Bagel Fresh Fruit Milk

Bacon, Egg ጼ 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

Virtual Day

Assorted freshly baked muffins Fresh Fruit Milk

Assorted freshly baked muffins Fresh Fruit Milk

ow fat Yogurt & Fruit Parfaits with WG Cereal Milk

Low fat Yogurt & Fruit Parfaits with WG Cereal Milk

Virtual Day

ow fat Yogurt & Fruit Parfaits with WG Cereal Milk

Low fat Yogurt & Fruit Parfaits with WG Cereal Milk

# More info...

unflavored milk

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

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

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