



Robert Frost Middle School

Breakfast

October 2020

refresh. refuel. relax.

MONDAY

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
&
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

Low fat Yogurt &
Fruit Parfaits
with
WG Cereal
Milk

Low fat Yogurt &
Fruit Parfaits
with
WG Cereal
Milk

Virtual Day

Low fat Yogurt &
Fruit Parfaits
with
WG Cereal
Milk

Low fat Yogurt &
Fruit Parfaits
with
WG Cereal
Milk

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