September

Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		8 Chicken Parm with WG Pasta Carrots Fresh fruit Choice Of Milk	9 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk	10 Meatball Parm Hero Green Beans Fresh Fruit Choice Of Milk	<b>11</b> Grilled Cheese Sandwich Black Bean & Corn Salad Mixed Fruit Choice Of Milk	Special News Sandwiches of the day Turkey American Sub Turkey & Cheese Tuna Egg Salad Lo Sodium Ham & Cheese All sandwiches are on 100% whole grain breads or wraps. Featuring Boar's Head Deli Brand Meats PIZZA Enjoy a hot piece of delicious hand made cheese pizza Or try one of our specialty pizzas; Veggie pizza Chicken Parm Pizza
14	Barbeque Chicken Coleslaw Sliced Bread Fresh Fruit Choice of Milk	15 Chicken Gyro with Shredded Lettuce Tahini Sauce Cucumber Salad Fresh Fruit Choice Of Milk	16 Virtual Learning No Students	<b>17</b> French Toast Sticks Hash Browns Mozzarella Cheese Cup Fresh Fruit <b>Choice Of Milk</b>	18 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk	
21	Meatball Hero Carrots Mixed Fruit Choice Of Milk	22 Beef & Cheese Nachos With Shredded Lettuce & Salsa Sour Cream Mango Applesauce Choice of Milk	23 Virtual Learning No Students	24 Chicken Parm Hero Broccoli Fresh Fruit Choice Of Milk	25 <sub>Barbeque</sub> Chicken Vegetarian Beans Fresh Fruit Choice of Milk	
28	Yom Kippur Schools Closed	29 Meatball Hero Broccoli Fresh Fruit Choice Of Milk	30 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk		Featured Daily; Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries	
WELCOME BACK			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.			Meatball Pizza Lunch Prices Student Lunch is \$2.15 Menus are subject to change without notice.

## **Robert Frost Middle School**



2020