



Robert Frost Middle School

Breakfast

September 2020

refresh. refuel. relax.

MONDAY

Labor day

TUESDAY

Egg & Cheese
On a Roll
Fresh Fruit
Milk

WEDNESDAY

Bacon, Egg
&
Cheese
On A bagel
Fresh Fruit
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

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

Virtual Day

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

Bacon, Egg
&
Cheese
On A bagel
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

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