

Robert Frost Middle School Lunch

November 2021
Our Pizza Station is up and running!



Cheese Pizza
Veggie Pizza
Pepperoni Pizza
Buffalo Chicken Calzones

Chicken Fingers

Crispy Chicken Sandwich
Spicy Chicken sandwich
Served with Seasoned Fries
Deli Station-Wraps Are Back!



Buffalo Chicken
Crispy Chicken
Ranch Wraps
All American
Grilled Chicken

Our Salad Bar is Back!

You can **STILL** enjoy a freshly made salad with health greens and delicious toppings.

Grilled Chicken, Crispy Chicken, Tuna salad, egg salad, cheese, beans and much more!

Our Snack Station has been expanded. Students can also get snacks while picking up their lunch. Snack windows are still open for hot pretzels, funnel cakes and much more!

Questions?

Contact Barbara Stabile@
Aramark
631-274-4144



This institution is an equal opportunity provider.

1
Fajita Chicken
Rice
Steamed Broccoli
Fresh Fruit
Low Fat Milk

2
Twin Taco Tuesday
Lettuce & Tomato
Salsa, sour cream
Corn
Fresh Fruit
Low fat Milk

3
National Sandwich day!
Turkey with Bacon
Club
Three Bean Salad
Fresh Fruit
Low Fat Milk

4
Superintendent's Conference Day

Diwali

Schools Closed

5
Grilled Chicken
Sandwich with
Cheese and bacon
Crispy Golden
Fries
Fresh Fruit
Low Fat Milk

8
Chicken Gyro in a
Pita Pocket
Shredded Lettuce
& Cheese
Chic Pea &
Cucumber Salad
Fresh Fruit

9
French Toast
Sticks
Hash Brown Potato
Cheese Cup
Fresh Fruit
Low fat Milk

10
Fajita Chicken
Rice
Steamed Broccoli
Fresh Fruit
Low Fat Milk

11
Veteran's Day
Schools Closed


12
Turkey Nachos
Lettuce & Tomato
Salsa & Sour Cream
Corn
Fresh Fruit
Low Fat Milk

15
Grilled Chicken
Sandwich with
Cheese and bacon
Cole Slaw Salad
Fresh Fruit
Low Fat Milk

16
Bacon
Cheeseburger
Crispy Golden
Fries
Fresh Fruit
Low Fat Milk

17
Ham & Cheese
Calzone
Tomato Sauce
Steamed Broccoli
Fresh Fruit
Low Fat Milk

18
Chili Cheese Dog
Vegetarian Beans
Fresh Fruit
Low fat Milk

19
Bacon Cheese
Burger
Spicy Curly Fries
Fresh Fruit
Low Fat Milk

22
Grilled Chicken
Sandwich with
Cheese and bacon
Cole Slaw Salad
Fresh Fruit
Low Fat Milk

23
Thanksgiving Feast
Roasted Turkey &
Gravy
Corn
Stuffing
Apple crisp
Fresh Fruit
Low Fat Milk

24
Chicken & Cheese
Burrito
Carrots
Fresh Fruit
Low Fat Milk

25
Thanksgiving Holiday Recess
Schools Closed


26

29
Chili Cheese Dog
Vegetarian Beans
Fresh Fruit
Low fat Milk

30
Bacon Cheese
Burger
Crispy Golden
Fries
Fresh Fruit
Low Fat Milk

**All meals are free to all students,
breakfast & lunch
through JUNE 30 2022**

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