



# Robert Frost Middle School Breakfast Menu November 2021

## MONDAY

French Toast  
Sticks  
Sausage  
Fresh Fruit  
Milk

## TUESDAY

Eggs & Turkey  
Sausage on a  
WG Roll  
Fresh Fruit  
Milk

## WEDNESDAY

Cheese Omelet  
with Hash Brown  
Potatoes  
Fresh fruit  
Milk

## THURSDAY

Waffle  
Hash Brown  
Potatoes  
Fresh Fruit  
Milk

## FRIDAY

French Toast  
Sticks  
Sausage  
Fresh Fruit  
Milk

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Hot  
Egg & Cheese  
On A Bagel  
Fresh Fruit  
Milk

Bacon, Egg  
&  
Cheese  
On A WG Roll  
Fresh Fruit  
Milk

Bacon, Egg  
&  
Cheese  
On A WG Roll  
Fresh Fruit  
Milk

Bacon, Egg  
&  
Cheese  
On A WG Roll  
Fresh Fruit  
Milk

Bacon, Egg  
&  
Cheese  
On A WG Roll  
Fresh Fruit  
Milk

Bacon, Egg  
&  
Cheese  
On A WG Roll  
Fresh Fruit  
Milk

Assorted freshly  
baked Muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked Muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked Muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked Muffins  
Fresh Fruit  
Milk

Assorted freshly  
baked Muffins  
Fresh Fruit  
Milk

Low fat Yogurt &  
Fruit Parfaits  
with  
low fat granola  
(contains seeds &  
nuts)  
Milk

Low fat Yogurt &  
Fruit Parfaits  
with  
low fat granola  
(contains seeds &  
nuts)  
Milk

Low fat Yogurt &  
Fruit Parfaits  
With  
low fat granola  
(contains seeds &  
nuts)  
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Low fat Yogurt &  
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Low fat Yogurt &  
Fruit Parfaits  
With  
low fat granola  
(contains seeds &  
nuts)  
Milk

### More info...Everyday Options include:

Cream Cheese or Butter Bagels and Kaiser Rolls.  
Assorted Cold Cereals.  
Orange juice, assorted fresh fruit and low fat flavored or unflavored milk .

### More info...**BREAKFAST AND LUNCH MEALS ARE FREE FOR ALL UNTIL JUNE 30, 2022**

This institution is an equal opportunity provider.

Student Breakfast price: \$1.00

Questions or concerns? Call Barbara Stabile, FSD (631)274-4144

