

**Robert Frost Middle
School Lunch
October 2021**

Our Pizza Station is up and running!



**Cheese Pizza
Veggie Pizza
Pepperoni Pizza
Buffalo Chicken
Calzones**

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

1 Chicken Gyro in a Pita Pocket
Shredded Lettuce & Cheese
Chic Pea & Cucumber Salad
Fresh Fruit
Low Fat Milk

4 Spicy Popcorn
Chicken Boat with Fries
Fresh Fruit
Low Fat Milk

5 Chicken & Cheese Burrito
Corn
Fresh Fruit
Low Fat Milk

6 Fajita Chicken Rice
Steamed Broccoli
Fresh Fruit
Low Fat Milk

7 Ham & Cheese Calzone
Cucumber & Chic Pea Salad
Fresh Fruit
Low Fat Milk

8 Turkey Nachos
Lettuce & Tomato Salsa & Sour Cream
Carrots
Fresh Fruit
Low Fat Milk

**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

11
Columbus Day

Schools Closed

12 Savory Boneless Chicken Wings
Crispy Golden Fries
Fresh Fruit
Low Fat Milk

13 Chicken Gyro in a Pita Pocket
Shredded Lettuce & Cheese
Chic Pea & Cucumber Salad
Fresh Fruit
Low Fat Milk

14 Grilled Cheese & Bacon
Cole Slaw Salad
Fresh Fruit
Low Fat Milk

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

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!

18 Meatball Hero
Carrots
Fresh Fruit
Low Fat Milk

19 General TSO Chicken
Rice
Steamed Broccoli
Fresh Fruit
Low Fat Milk

20 Chicken & Cheese Burrito
Vegetarian Beans
Fresh Fruit
Low Fat Milk

21 Grilled Cheese & Bacon
Corn
Fresh Fruit
Low Fat Milk

22 Beef Nachos
Lettuce & Tomato Salsa & Sour Cream
Fresh Fruit
Low Fat Milk

**Questions?
Contact Barbara Stabile@
Aramark
631-274-4144**

25 Savory Boneless Chicken Wings
Crispy Golden Fries
Fresh Fruit
Low Fat Milk

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

27 Chicken Gyro in a Pita Pocket
Shredded Lettuce & Cheese
Chic Pea & Cucumber Salad
Fresh Fruit
Low Fat Milk

28 Fajita Chicken Rice
Steamed Broccoli
Fresh Fruit
Low Fat Milk

29 Chicken & Cheese Burrito
Carrots
Fresh Fruit
Low Fat Milk



This institution is an equal opportunity provider.