



Robert Frost Middle School Breakfast Menu October 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
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low fat granola
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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

