

**Robert Frost Middle  
School Lunch  
September 2021  
WELCOME BACK!!!!**

**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** Grilled Chicken Sandwich with Cheese and bacon  
Crispy Golden Fries  
Fresh Fruit  
Low Fat Milk  
**1<sup>st</sup> Day Of School**

**2** Pulled Pork Sandwich  
On a Kaiser Roll  
Vegetarian Beans  
Fresh Fruit  
Low Fat Milk

**3** Labor Day Weekend  
Holiday Begins  
**Schools Closed**

**6** Labor Day  
**Schools Closed**

**7** Rosh Hashanah  
**Schools Closed**

**8** Rosh Hashanah  
**Schools Closed**

**9** Chicken & Cheese Burrito  
Corn  
Fresh Fruit  
Low Fat Milk

**10** Turkey Nachos  
Lettuce & Tomato Salsa & Sour Cream  
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**

**13** Fajita Chicken  
Rice  
Steamed Broccoli  
Fresh Fruit  
Low Fat Milk

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

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

**16** Yom Kippur  
**Schools Closed**

**17** Bacon Cheese Burger  
Crispy Golden 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!*

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

**21** General TSO Chicken  
Rice  
Steamed Broccoli  
Fresh Fruit  
Low Fat Milk

**22** Chicken & Cheese Burrito  
Corn  
Fresh Fruit  
Low Fat Milk

**23** Pulled Pork Sandwich  
On a Kaiser Roll  
Vegetarian Beans  
Fresh Fruit  
Low Fat Milk

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

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

**28** Bacon Cheese Burger  
Crispy Golden Fries  
Fresh Fruit  
Low Fat Milk

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

**30** Fajita Chicken  
Rice  
Steamed Broccoli  
Fresh Fruit  
Low Fat Milk

**Questions?**

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This institution is an equal opportunity provider.