



# Robert Frost Middle School

## Breakfast

## September 2019

refresh. refuel. relax.

### MONDAY

French Toast Sticks  
Cheese Stick  
Fresh fruit  
Milk

### TUESDAY

Scrambled Eggs & Cheese Stick  
WG Roll  
Fresh Fruit  
Milk

### WEDNESDAY

French Toast Sticks  
Cheese Stick  
Fresh Fruit  
Milk

### THURSDAY

Scrambled Cheesy Eggs & Cheese Stick  
WG Roll  
Fresh Fruit  
Milk

### FRIDAY

French Toast Sticks  
Cheese Stick  
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 bagel  
Fresh Fruit  
Milk

Bacon, Egg & Cheese On A bagel  
Fresh Fruit  
Milk

Bacon, Egg & Cheese On A bagel  
Fresh Fruit  
Milk

Bacon, Egg & Cheese On A bagel  
Fresh Fruit  
Milk

Bacon, Egg & Cheese On A bagel  
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 WG Cereal  
Milk

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### More info...

Every Day Options Include:  
Cream Cheese or Butter Bagels and Kaiser Rolls.  
Assorted cold cereals.  
100% Orange Juice, assorted fruits and low fat flavored or unflavored milk  
Student Breakfast Price: \$1.00

### More info...

Did you know that if you qualify for free or reduced lunch, you also qualify for free or reduced breakfast? So, start your day the Aramark way with a hot nutritious breakfast!

Questions? Contact Barbara Stabile,  
Food Service Director @Aramark  
631-274-4144