



# October

2020

## Lunch Menu Robert Frost Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Featured Daily:</b> Hot Hamburger or Hot Chicken Patty Sandwich or Spicy Chicken Sandwich All served with crisp oven baked fries</p>	<p>The Snack Windows will be open for regular cold food check out as well as snack to assist in maintaining social distancing and speed of service.</p>		<p>1 Meatball Parm Hero Green Beans Fruit Cup Choice Of Milk</p>	<p>2 Grilled Cheese Sandwich Black Bean &amp; Corn Salad Mixed Fruit Choice Of Milk</p>
<p>5 Barbeque Chicken Fries Sliced Bread Fresh Fruit Choice of Milk</p>	<p>6 Chicken &amp; Cheese Burrito Green Beans Fresh Fruit Choice Of Milk</p>	<p>7 Virtual Learning No Students</p>	<p>8 French Toast Sticks Hash Browns Mozzarella Cheese Stick Peach Cup Choice Of Milk</p>	<p>9 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk</p>
<p>12 Columbus Day Schools Closed</p>	<p>13 Beef &amp; Cheese Nachos With Shredded Lettuce &amp; Salsa Sour Cream Strawberry Cup Choice of Milk</p>	<p>14 Grilled Cheese Sandwich Carrots Mixed Fruit Choice Of Milk</p>	<p>15 Fajita Chicken Rice Broccoli Fresh Fruit Choice Of Milk</p>	<p>16 Barbeque Chicken Vegetarian Beans Mixed berry Cup Choice of Milk</p>
<p>19 Meatball Hero Green Beans Fresh Fruit Choice Of Milk</p>	<p>20 Beef &amp; Cheese Nachos With Shredded Lettuce &amp; Salsa Sour Cream Strawberry Cup Choice Of Milk</p>	<p>21 Virtual Learning No Students</p>	<p>22 General Tso Chicken Brown Rice Broccoli Fruit Cup Choice of Milk</p>	<p>23 Chicken Parm with WG Pasta Carrots Fresh fruit Choice Of Milk</p>
<p>26 Grilled Cheese Sandwich Black Bean &amp; Corn Salad Mixed Fruit Choice Of Milk</p>	<p>27 French Toast Sticks Hash Browns Mozzarella Cheese Stick Peach Cup Choice Of Milk</p>	<p>28 Virtual Learning No Students</p>	<p>29 Chicken &amp; Cheese Burrito Green Beans Fresh Fruit Choice Of Milk</p>	<p>30 Beef &amp; Cheese Nachos With Shredded Lettuce &amp; Salsa Sour Cream Strawberry Cup Choice of Milk</p>

### Special News...

#### Sandwiches of the day

- Turkey
- American Sub
- Turkey & Cheese
- Tuna
- Egg Salad
- Lo Sodium Ham & Cheese

All sandwiches are on 100% whole grain breads or wraps. Featuring Boar's Head Deli Brand Meats

#### PIZZA...

Enjoy a hot piece of delicious hand made cheese pizza Or try one of our specialty pizzas; Veggie pizza Chicken Parm Pizza Meatball Pizza

Take Home Meals available Tuesdays at days end in the cafeteria free of charge

All student meals are free to all students until December 31, 2020

Menus are subject to change without notice.

All student meals are free to all students until December 31, 2020

Take Home Meals available Tuesdays at days end in the cafeteria free of charge

