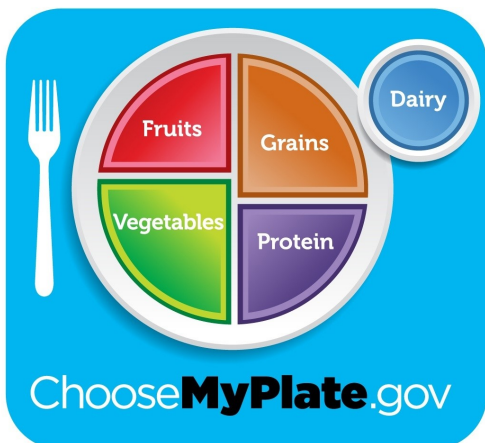


Frontier Regional School Breakfast & Lunch Menu: August/September 2019

	<p>Daily Breakfast Offerings: Hot Oatmeal, Cold Cereals, Bagels, Muffins, Fruit, Juice, & Milk Cost of a Breakfast Meal: \$2.95 Including Milk</p>	<p>8/28/2019 Breakfast: French Toast Sticks Choice of Fruit & Milk Lunch: Chicken Sliders on WG Rolls Chips, 3 Bean Salad Choice of Fruit & Milk</p>	<p>8/29/2019 Breakfast: Croissant, Egg, & Cheese Choice of Fruit & Milk Lunch: Tacos, choice of Meat, Cheese, Salsa, Sour Cream, Corn Choice of Fruit & Milk</p>	<p>8/30/2019 No School Enjoy the day!</p>
<p>9/2/2019 No School Enjoy the Day!</p>	<p>9/3/2019 Breakfast: Breakfast Pizza Choice of Fruit & Milk Lunch: Croissant, Egg, Cheese, & Ham Carrots Choice of Fruit & Milk</p>	<p>9/4/2019 Breakfast: Pancakes Choice of Fruit & Milk Lunch: Spaghetti Meat Sauce Broccoli Choice of Fruit & Milk</p>	<p>9/5/2019 Breakfast: Cinnamon Buns Choice of Fruit & Milk Lunch: Chicken Patty On a WG Bun Baked Beans Choice of Fruit & Milk</p>	<p>9/6/2019 Breakfast: Breakfast Burrito Choice of Fruit & Milk Lunch: French Toast Sticks Hashbrown Sausage Choice of Fruit & Milk</p>
<p>9/9/2019 Breakfast: Waffle Sticks Choice of Fruit & Milk Lunch: Pizza Sticks Marinara Green Beans Choice of Fruit & Milk</p>	<p>9/10/2019 Breakfast: French Toast Sticks Choice of Fruit & Milk Lunch: Chicken & Bean Burrito Bowl, with Salsa, Sour Cream, Corn Choice of Fruit & Milk</p>	<p>9/11/2019 Breakfast: Croissant, Egg, & Cheese Choice of Fruit & Milk Lunch: Philly Cheesesteak On a WG Roll Broccoli Choice of Fruit & Milk</p>	<p>9/12/2019 Breakfast: Breakfast Pizza Choice of Fruit & Milk Lunch: Chicken, Bacon, Ranch Wrap 3 Bean Salad, Chips Choice of Fruit & Milk</p>	<p>9/13/2019 Breakfast: Pancakes Choice of Fruit & Milk Lunch: Whole Meat Chicken Nuggets Tater Tots Choice of Fruit & Milk</p>
<p>9/16/2019 Breakfast: Cinnamon Buns Choice of Fruit & Milk Lunch: Stuffed Shells Marinara Broccoli</p>	<p>9/17/2019 Breakfast: Breakfast Burrito Choice of Fruit & Milk Lunch: Chicken & Cheese Quesadilla, Salsa, Sour Cream, Corn</p>	<p>9/18/2019 Breakfast: Waffle Sticks Choice of Fruit & Milk Lunch: Hot Dog On a WG Bun Baked Beans</p>	<p>9/19/2019 Breakfast: French Toast Sticks Choice of Fruit & Milk Lunch: Pancakes Sausage Carrots</p>	<p>9/20/2019 Breakfast: Croissant, Egg, & Cheese Choice of Fruit & Milk Lunch: Bacon Cheeseburger, Tomato, Lettuce, Baked Fries</p>
<p>9/23/2019 Breakfast: Breakfast Pizza Choice of Fruit & Milk Lunch: 3 Cheese Calzone, Marinara, Broccoli Choice of Fruit & Milk</p>	<p>9/24/2019 Breakfast: Pancakes Choice of Fruit & Milk Lunch: Nachos, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk</p>	<p>9/25/2019 Breakfast: Cinnamon Buns Choice of Fruit & Milk Lunch: Meatball Grinder On a WG Bun, Carrots Choice of Fruit & Milk</p>	<p>9/26/2019 Breakfast: Breakfast Burrito Choice of Fruit & Milk Lunch: Homemade Shepherd's Pie Green Beans Choice of Fruit & Milk</p>	<p>9/27/2019 Breakfast Waffle Sticks Choice of Fruit & Milk Lunch: BLT Sandwich On WG Bread 3 Bean Salad, Chips Choice of Fruit & Milk</p>
<p>9/30/2019 Breakfast: French Toast Sticks Choice of Fruit & Milk Lunch: Cheese Ravioli Marinara Broccoli</p>			<p>Daily Lunch Offerings: *Fresh Salad Bar *Sandwiches, made to order. *Homemade Soup of the Day. * Weekly Pizza Specials</p>	<p>Cost of a School Lunch Meal is: \$3.00 including milk. A la Carte Milk Costs: \$0.50</p>



Mary Delusa is our Food Service Director, please reach out to her if you have any questions, comments, or concerns.

Mary.delusa@frsu38.org or 413-665-2118 ext. 218



Register your child's school lunch account online at K12paymentcenter.com, using their school lunch account number.