



Florence Rideout
Elementary School

Lyndeborough Central School



DECEMBER

We offer 1% Milk, and Fat Free Chocolate Milk :
: Each Student must take a Fruit and or a Vegetable for their
lunch :
You can still order Ice Cream for Birthdays Just let us know 2
weeks in advance

For more information please contact
Food Service Director Megan Nantel 603-732-9192
FRES/LCS Site Coord Kristi Costello 603-732 9283
WLC Site Coordinator Melodie Jones 603-732-9344
<https://www.mymealtime.com/>

LUNCH MENU

Note: Menus are subject to change without notice

Lunch Meal Prices
Reduced \$.40
Paid \$3.05
Adult \$4.00
Milk alone \$.50

Monday

2

WG Pasta with*
Marinara Sauce
Mild Italian Sausage
Cheesy Garlic Bread
Broccoli
GRAPES, Fresh
Pineapple Tidbit
Dressing
Tomatoes
Milk

Tuesday

3

Hamburger
WG Bun*
Lettuce and Tomato
Cheese Slice
Colossal Crinkle Fries
Coleslaw
Orange
Pears
Cauliflower
Ranch Dressing cup
Milk

Wednesday

4

General Tso Chicken
Snap Peas
Seasoned Brown Rice
Mandarin Oranges
Apple Slices
Carrots Sticks
Dressing
Milk

Thursday

5

Italian Sub
Lettuce and Tomato
Cheese Slice
Goldfish Cracker
Strawberries
Peaches
Sliced Cucumber
Dressing
Milk

Friday

6

Bosco Sticks
Garden Salad
Italian Dressing
Pears
Strawberries
Pepper Sweet Cup
Ranch Dressing cup
Milk

9

Buffalo Chicken
Shredded Mozzarella
Macaroni & Cheese
Parm Crusted Roasted
Green Beans
Pears
Cantaloupe
Cucumber Cup
Dressing
Milk

10

Shepherds Pie
Seasoned Beef
Peas
CARROTS: frozen, boiled
Garlic Bread
Tropical Fruit Cocktail
Apple Slices
Broccoli
Dressing
Milk

11

BBQ Chicken Sandwich
WG Bun*
Cheese Slice
Coleslaw
Orange
Pineapple Tidbit
Carrots Sticks
Italian Dressing
Milk

12

Cheese Quesadilla
Cheesy Refried Beans
Black Bean Salad
WG Tortilla*
Salsa
Blueberries
Strawberries
Red yellow pepper
Dressing
Milk

13

Pizza
Garden Salad
Apple
Pears
Tomatoes
Ranch Dressing cup
Milk

16

Crispy Chicken Broccoli Alfredo p
Broccoli
Side Caesar Salad
Garlic Bread
Fresh Pineapple
Orange
Carrot Cup
Dressing
Milk

17

Taco
Mexican street Corn
WG Tortilla*
Seasoned Taco Meat
Romaine Lettuce
Shredded Cheddar Cheese
Salsa
Sour Cream RF
Orange
Tropical Fruit Cocktail
Mixed Raw Veg cup
Dressing
Milk

18

Bosco Sticks
Side Caesar Salad
WG Dinner Roll
Italian Dressing
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

19

Turkey and Gravy*
Stuffing
Mashed Potatoes
Green bean Casserole
CRANBERRY SAUCE: canned, s
WG Dinner Roll
Apple
Apple Crisp
Milk

20

Grab and Go Lunch
Baked Chips
Cookie
Apple
Dried Cranberries
Carrots Sticks
Broccoli
Ranch Dressing cup
Milk
WG Breakfast Cracker asst

23

NO SCHOOL TODAY
Holiday break

24

NO SCHOOL TODAY
Holiday break

25

NO SCHOOL TODAY
Holiday break

26

NO SCHOOL TODAY
Holiday break

27

NO SCHOOL TODAY
Holiday break

30

NO SCHOOL TODAY
Holiday break

31

NO SCHOOL TODAY
Holiday break

Side/Entee Garden Salad Consist of: Romaine lettuce Carrots Cucumbers, Tomatoes Peppers, Chickpeas, Italian Dressing Chicken choices: Teriyaki, Crispy, Italian, BBQ, Mandarin Orange, Dressings: Golden Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Creamy Caesar, Ranch Cold Daily Options Boxes Entree s Ham and Cheese or Turkey and Cheese Wraps Sun butter and Jelly Sandwich or Fruit Parfait with a cheese stick and granola Mixture of Fresh and Cupped Fruit. Fresh vegetables with Dip offered daily

This Institution is an Equal Opportunity Provider