



Note FRES has it's own Breakfast Menu

Lyndeborough Central School



FEBRUARY

Fruits and Veggies are served daily.
We offer 100% Juice, 1% Milk and Fat Free Flavored Milk.

For more information please contact

Food Service Director Megan Nantel 603-732-9344

FRES/LCS Site Coord Tammy Smith 603-732 9283

WLC Site Coordinator Melodie Jones 603-732-9344

<https://www.mymealtime.com/>

BREAKFAST MENU

Note: Menus are subject to change without notice

Breakfast Prices Student \$1.80

Reduced: FREE

Milk or Juice alone \$.50

Adult Breakfast: \$2.00

Monday

Tuesday

Wednesday

Thursday

Friday

5
NO SCHOOL
Teacher Workshop Day

6
Yogurt Parfait, Fruit
WG Granola
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

7
WG Donut
OR Breakfast
Break Pack
Assorted Juice
Pear
Milk

8
Yogurt Smoothie
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

9
WG Bagel
Cream Cheese 1 oz
OR Breakfast
Break Pack
Assorted Juice
Grapes
Milk

12
WG Muffin 2oz
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

13
Yogurt Parfait, Fruit
WG Granola
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

14
WG Donut
OR Breakfast
Break Pack
Assorted Juice
Pear
Milk

15
Yogurt Smoothie
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

16
WG Bagel
Cream Cheese 1 oz
OR Breakfast
Break Pack
Assorted Juice
Grapes
Milk

19
WG Muffin 2oz
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

20
Yogurt Parfait, Fruit
WG Granola
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

21
WG Donut
OR Breakfast
Break Pack
Assorted Juice
Pear
Milk

22
Yogurt Smoothie
OR Breakfast
Break Pack
Assorted Juice
Apple Slices
Milk

23
WG Bagel
Cream Cheese 1 oz
OR Breakfast
Break Pack
Assorted Juice
Grapes
Milk

26
NO SCHOOL TODAY
Holiday break

27
NO SCHOOL TODAY
Holiday break

28
NO SCHOOL TODAY
Holiday break

29
NO SCHOOL TODAY
Holiday break

**All Breakfast Served with
100% Juice / 1% Milk of Fat Free Chocolate Milk**

This Institution is an Equal Opportunity Provider