


**Florence Rideout
Elementary School**



FEBRUARY

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

*note LCS has its own Breakfast Menu

For more information please contact
Food Service Director Megan Nantal 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
			1 Yogurt Smoothie WG Breakfast Cracker ass OR Breakfast Break Pack Assorted Juice Banana Milk	2 WG Bagel Cream Cheese 1 oz OR Breakfast Break Pack Assorted Juice Grapes Milk
5 NO SCHOOL Teacher Workshop Day	6 Egg&Cheese WG Croissan OR Breakfast Break Pack Assorted Juice Strawberries Milk	7 WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	8 Yogurt Smoothie WG Breakfast Cracker ass OR Breakfast Break Pack Assorted Juice Banana 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 Egg&Cheese WG Croissan OR Breakfast Break Pack Assorted Juice Strawberries Milk	14 WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	15 Yogurt Smoothie WG Breakfast Cracker ass OR Breakfast Break Pack Assorted Juice Banana 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 Egg&Cheese WG Croissan OR Breakfast Break Pack Assorted Juice Strawberries Milk	21 WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	22 Yogurt Smoothie WG Breakfast Cracker ass OR Breakfast Break Pack Assorted Juice Banana 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**