



**Florence Rideout
Elementary School**
Lyndeborough Central School



JANUARY

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 603-732-9344
FRES/LCS Site Coord Tammy Smith 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 \$3.00
Adult \$4.00
Milk alone \$.50

Monday

1

Winter Break
No School

Tuesday

2

Hot Dog
WG HD Bun*
Potato Wedges
Baked Beans
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pineapple Tidbit
Caesar Salad
Milk

Wednesday

3

BBQ Meatballs
WG Sub Roll
Caesar dressing
Caesar Salad
Mandarin Oranges
Cheese 1oz
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
WATERMELON,CHUNKS
Cucumber Cup
Milk
WG Dinner Roll

Thursday

4

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

Friday

5

Turkey and Cheese on
WG Tortilla OR
WG Tortilla*
Relish
Mayo & mustard PKt
Peaches
Carrots Sticks
Ranch Dressing cup
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Honeydew Melon
Tomatoes
Milk

8

Cheeseburger
WG Bun
Cheese
French Fries
Cucumber Tomato Salad
Ketchup
Mayo & mustard PKt
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
Side Garden Salad
Orange
Tropical Fruit Cocktail
Tomatoes
Milk

9

Buffalo Chicken Wrap
Buffalo Sauce
Shredded cheese
Coleslaw
WG Tortilla*
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
Side Garden Salad
Celery Sticks
Carrots Sticks
Pineapple Tidbit
GRAPES,Fresh
Milk

10

Mac & Cheese
WG pasta
WG Pasta with*
Cheese Sauce
Roasted Broccoli
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Side Garden Salad
Dressing packet
Honeydew Melon
Pear
Sliced Cucumber
Milk

11

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

12

Shepherds Pie
Seasoned Beef
Mashed Red Potato
Peas and Carrots
Beef Gravy
WG Dinner Roll
Banana
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Blueberries
Chickpea Salad

15

Martin Luther King Jr Day
No School

16

Cheese Tortellini WG
Alfredo Sauce
WG Dinner Roll
Broccoli
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
Side Garden Salad
GRAPES,Fresh
Pineapple Tidbit
Dressing
Tomatoes
Milk

17

Chicken WG Noodle Soup
Goldfish Cracker
WG Dinner Roll
CARROTS:frozen, boiled
Cucumber Tomato Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
Side Garden Salad
Dried Cranberries
Mandarin Oranges
Cantaloupe
Milk

18

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk
WG Dinner Roll

19

Crispy Chicken on a Bun
Or a
Spicy Chicken
Oven Fries
Roasted Broccoli
Goldfish Cracker
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Holiday fruit platter
Sliced Cucumber
Ranch Dressing cup
Peaches
Milk

22

Carrot and Squash soup
Turkey & Cheese melt
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Side Garden Salad
Dressing packet
Grapes
Dried Cranberries
Sliced Cucumber
Ranch Dressing cup
Milk

23

Teriyaki Chicken
Pepper & onion Stir Fry
WG Tortilla*
Cilantro-Lime Brown Rice
Salsa
Sour Cream RF
Peaches
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

24

Baked Potato Bar
Chili
Shredded Cheddar Cheese
Bacon
Butter
Apple
Salsa
Sour Cream RF
Broccoli
Blueberries
WG Dinner Roll
Side Garden Salad
Milk
Dressing packet
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

25

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

26

Taco on the Fly
WG Tortilla Chips*
Seasoned Taco Meat
Pear
Romaine Lettuce
Salsa
Sour Cream RF
Orange
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

29

Popcorn Chicken Bowl
Mashed Potatoes
Corn
Chicken Gravy
WG Dinner Roll
Mandarin Oranges
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Grapes
Carrots &
Ranch Dressing cup
Milk

30

WLC Rib Sandwich
WG Sub Roll
Fried Rice
Peaches
Cucumber Tomato Salad
Dressing packet
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Orange
Pepper Sweet Cup
Ranch Dressing cup
Milk

31

Ham & Cheese on
WG Tortilla OR
Mayo & mustard PKt
Carrots Sticks
Dried Cranberries
Chickpea Salad
Apple Slices
Ranch Dressing cup
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

Side/Entee Garden Salad Consist of:

Romaine lettuce Carrots Cucumbers

Tomatoes, Peppers, Chickpeas, Italian Dressing

Chicken choices: Teriyaki, Crispy, Italian, BBQ, Mandarin Orange



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