



Florence Rideout
Elementary School

Lyndeborough Central School



Fresh, Dried, or Cupped Fruit : Hood 1% Milk : Hood Fat
Free Chocolate Milk
100% fruit juice :All students must take a fruit or
vegetable at each meal.

For more information please contact
Kristie LaPlante 603-732-9174
FRES/LCS Site Coord Tammy Smith 603-732 9283
WLC Site Coordinator Melodie Jones 603-732-9344
<https://www.mymealtime.com/>

BREAKFAST MENU

Menu subject to change due to product availability

Breakfast Prices Student \$1.80
Reduced: FREE
Milk or Juice alone \$.50
Adult Breakfast: \$2.00

Monday

Tuesday

Wednesday

Thursday

Friday

1

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

2

HOT OPTION
Bagel With
Cream Cheese
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

5

HOT OPTION
Breakfast Bread
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

6

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

7

HOT OPTION
Donut
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

8

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

9

HOT OPTION
Bagel With
Cream Cheese
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

12

HOT OPTION
Breakfast Bread
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

13

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

14

HOT OPTION
Donut
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

15

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

16

HOT OPTION
Bagel With
Cream Cheese
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

19

HOT OPTION
Breakfast Bread
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

20

HOT OPTION
Egg & Cheese Croissant
WG
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

21

HOT OPTION
Donut
SERVED DAILY
Fruit Parfait
Oatmeal
Cereal
Juice
Milk

22

23

26

27

28

29

30



Check your account balance or
make deposits at

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

This Institution is an Equal Opportunity Provider