



**Florence Rideout
Elementary School**
Lyndeborough Central School

Cold Meals Served Daily

Fruits and Vegetables served daily :
We offer 100% Juice, 1% milk, and fat free Chocolate milk :
: Each Student must take a Fruit and or a Vegetable for their lunch :

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/>

**Menu subject to change
due to product availability**

Lunch Meal Prices Milk or Juice alone \$.50
Reduced \$.40
Paid \$3.00
Adult \$4.00
A la cart items available Prices vary
Meal benefits do not apply

Monday

1

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

Tuesday

2

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

Wednesday

3

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

Thursday

4

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

Friday

5

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

8

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

9

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

10

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

11

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

12

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

15

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

16

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

17

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

18

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

19

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

22

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

23

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

24

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

25

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

26

NO SCHOOL
Teacher Workshop Day

29

Memorial Day
No school

30

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

31

Ham and Cheese Wrap
Turkey and Cheese Wrap
Mayo Packet
Mustard
Sunbutter&Jelly WG bread
Fruit Parfait
Yogurt, Fruit, WG Granola
Garden Salad
Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Apple Slices
Carrots Sticks
Milk

Garden Salad Consist of:

Romaine lettuce Carrots Cucumbers

Tomatoes, Peppers, Chickpeas, Italian Dressing

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

This Institution is an Equal Opportunity Provider