



Florence Rideout  
Elementary School



NOVEMBER

Fruits and Veggies are served daily.  
We offer 100% Juice and 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

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

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Pear  
Milk

2

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Milk

3

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

6

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

7

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Milk

8

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Pear  
Milk

9

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Milk

10

Veteran's Day  
No School

13

Parent Teacher conference  
No School

14

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Milk

15

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Pear  
Milk

16

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Milk

17

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

20

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

21

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Milk

22

NO SCHOOL TODAY  
Holiday break

23

NO SCHOOL TODAY  
Holiday break

24

NO SCHOOL TODAY  
Holiday break

27

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

28

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Milk

29

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Pear  
Milk

30

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Milk

All Breakfast Served with  
100% Juice and 1% Milk of Fat Free Chocolate Milk  
This Institution is an Equal Opportunity Provider