



**Florence Rideout
Elementary School**
Lyndeborough Central School

Cold Lunch Options Offered Daily

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.
Don't Forget About Frozen Friday's

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/>

Menu subject to change due to product
availability

Lunch Meal Prices
Reduced \$.40
Paid \$3.00
Adult \$4.00
Milk alone \$.50

Monday

Tuesday

Wednesday

Thursday

Friday

6

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

7

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

8

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

9

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

10

Veteran's Day
No School

13

Parent Teacher conference
No School

14

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

15

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

16

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

17

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

20

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

21

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

22

NO SCHOOL TODAY
Holiday break

23

NO SCHOOL TODAY
Holiday break

24

NO SCHOOL TODAY
Holiday break

27

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

28

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

29

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk

30

Sunbutter&Jelly
WG Bread OR
Turkey and Cheese
WG Tortilla
Mustard
Mayonnaise
Yogurt Parfait, Fruit
WG Granola
Ranch cup
Milk



Side/Entee' 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