



Florence Rideout  
Elementary School

Lyndeborough Central School



NOVEMBER

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/>

## LUNCH MENU

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  
Taco on the Fly  
WG Tortilla Chips  
Seasoned Taco Meat  
Romaine Lettuce  
Shredded Cheddar Cheese  
Sour Cream RF  
Salsa  
Carrots Sticks  
Celery Sticks  
Side Garden Salad  
Dressing  
Orange  
Milk

7  
Hot Dog  
WG HD Bun  
Side Garden Salad  
Chili  
Ketchup  
Mustard  
Relish  
Dried Cranberries  
Carrots Sticks  
Ranch cup  
Black Bean Salad  
Baked Chips  
Milk

8  
Chicken Rice Bowl  
Teriyaki Sauce  
Peppers & Onions  
Seasoned Brown Rice  
Snap Peas  
WG Dinner Roll  
Mandarin Oranges  
Side Garden Salad  
Milk

9  
Pizza  
Garden Salad  
Italian Dressing  
Apple  
Milk

10  
Veteran's Day  
No School

13  
Parent Teacher conference  
No School

14  
Chicken Caesar Wrap  
Seasoned Chicken  
Caesar dressing  
Romaine Lettuce  
Shredded cheese  
WG Tortilla  
Cucumber Cup  
Pear  
Side Garden Salad  
Milk

15  
Fish sandwich  
WG Bun  
Cheese  
Sweet Potato Bites  
Tartar Sauce Packet  
Ketchup  
Strawberries  
Side Garden Salad  
Milk

16  
Turkey and Gravy  
Mashed Potatoes  
Green bean Casserole  
CRANBERRY SAUCE: canned, sv  
Side Garden Salad  
WG Dinner Roll  
Apple  
Apple Crisp  
Milk

17  
Pizza  
Garden Salad  
Italian Dressing  
Apple  
Milk

20  
Sloppy Joe on a WG Bun  
Cilantro-Lime Brown Rice  
Coleslaw  
Onion Rings  
Vegetarian Beans  
String Cheese  
Chickpea Salad  
Apple  
Milk

21  
Pizza  
Garden Salad  
Shredded extra cheese pizza topping  
Cauliflower  
Italian Dressing  
Apple Slices  
String Cheese  
Milk

22  
NO SCHOOL TODAY  
Holiday break

23  
NO SCHOOL TODAY  
Holiday break

24  
NO SCHOOL TODAY  
Holiday break

27  
Cheeseburger  
Cheese  
WG Bun  
Confetti Fried Rice WG  
Side Garden Salad  
Seasoned Green Beans  
Peaches  
Milk

28  
Tomato Soup and  
Goldfish Cracker  
Grilled Cheese Sandwich WG  
Side Garden Salad  
Banana  
Milk

29  
WG Pasta with  
Meat Sauce  
Garlic Bread  
Corn  
Peaches  
Side Garden Salad  
Milk

30  
Pizza  
Garden Salad  
Italian Dressing  
Apple  
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