



Florence Rideout Elementary School

Breakfast/Snack will not be served Delayed openings



APRIL

Fruits and Veggies are served daily.
Choice of main Entree' or Fruit Parfait or Cereal
: Each Student must take a cupped or fresh Fruit and or a
Vegetable for their Breakfast
We offer 100% Juice, 1% Milk and Fat Free Flavored Milk.

For more information please contact
Food Service Director Megan Nantel 603-732-9192
FRES {LCS Breakfast} Site Coord Kristi Costello 603-732 9283
WLC {LCS Lunch} Site Coord Melodie Jones 603-732-9344
<https://www.mymealtime.com/>

BREAKFAST MENU

Note: Menus are subject to change without notice

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

Monday

Tuesday

Wednesday

Thursday

Friday

1

Breakfast Sandwich
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

2

Donut
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

3

Yogurt Breakfast
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

4

French Toast
Sausage Links
Syrup, PC
OR Assorted
Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

7

Cinnamon Roll
Bacon
Or Assorted Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk

8

Breakfast Sandwich
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

9

Donut
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

10

Yogurt Breakfast
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

11

Breakfast Wrap
Hash Brown Patty
OR Assorted
Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk
Banana

14

Cinnamon Roll
Bacon
Or Assorted Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk

15

Breakfast Sandwich
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

16

Donut
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

17

Yogurt Breakfast
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

18

French Toast
Sausage Links
Syrup, PC
OR Assorted
Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

21

Cinnamon Roll
Bacon
Or Assorted Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk

22

Breakfast Sandwich
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

23

Donut
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

24

Yogurt Breakfast
OR Assorted
Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

25

Breakfast Wrap
Hash Brown Patty
OR Assorted
Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk
Banana

28

NO SCHOOL TODAY
Spring Break

29

NO SCHOOL TODAY
Spring Break

30

NO SCHOOL TODAY
Spring Break

All Breakfast Served with

100% Juice / 1%Milk of Fat Free Chocolate Milk

Fruit Parfait consist of: Fruit yogurt and granola

This Institution is an Equal Opportunity Provider