



# Florence Rideout Elementary School



## MARCH

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

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/>

## LUNCH MENU

Note: Menus are subject to change without notice

Lunch Meal Prices  
Reduced \$.40  
Paid \$3.05  
Adult \$4.00  
Milk alone \$.50

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

1

Shepherds Pie  
Garlic Bread  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Dressing  
Milk

2

Chicken Fajitas  
with Peppers & Onions  
Cilantro-Lime Brown Rice  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Dressing  
Milk

3

Italian Sub  
Lettuce and Tomato  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Dressing  
Milk

4

Pizza  
Garden Salad  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

7

Pasta  
Meat Sauce  
Garlic Bread  
Peas  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

8

Orange Chicken  
Veggie Fried Rice  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

9

WLC Rib Sandwich  
Corn on the Cob  
Coleslaw  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Italian Dressing  
Milk

10

Beef and Bean Burrito  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

11

Bosco Sticks  
Garden Salad  
Italian Dressing  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

14

Macaroni & Cheese  
Chicken Nuggets  
Side Caesar Salad  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Ranch cup  
Milk

15

Swedish Meatballs  
over Egg Noodles  
Honey Ginger Carrots  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

16

Crispy Chicken on a Bun  
Oven Fries  
Cheesy Broccoli  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

17

Beef Ramen Noodle Bowl  
Sushi  
Fortune Cookie  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

18

Pizza  
Garden Salad  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

21

Beef Taco Pasta  
Salsa Sauce  
With Peppers & Onions  
Garden Salad  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Italian Dressing  
Milk

22

French Toast  
Sausage Links  
Fruit Salad  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Dressing  
Milk

23

Chicken Philly Sub  
With Peppers & Onions  
Tater Tots  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

24

Hot Dog  
Potato Salad with egg  
Frozen Treat  
Watermelon  
Assorted Fresh  
Vegetables  
Milk

25

Bosco Sticks  
Garden Salad  
Italian Dressing  
Assorted Fresh and  
Cupped Fruit  
Assorted Fresh  
Vegetables  
Milk

28

NO SCHOOL TODAY  
Spring Break

29

NO SCHOOL TODAY  
Spring Break

30

NO SCHOOL TODAY  
Spring Break

**Side/Entree Garden Salad Consist of: Romaine lettuce Carrots Cucumbers Tomatoes, Peppers, Chickpeas, Italian Dressing Chicken choices: Teriyaki, Crispy, Italian, BBQ, Mandarin Orange Dressings: Golden Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Creamy Caesar, Ranch Cold Daily Options Boxes Entree s Ham and Cheese or Turkey and Cheese Wraps Sunbutter and Jelly Sandwich, Pizza Lunchable or Fruit Parfait with a cheese stick and granola Mixture of Fresh and Cupped Fruit. Fresh vegetables with Dip offered daily**

**This Institution is an Equal Opportunity Provider**