



**Florence Rideout
Elementary School**



DECEMBER

Fresh, Dried, or Cupped Fruit : Hood 1% Milk : Hood Fat Free Flavored Milk Skim Milk : 100% fruit juice :
All students must take a fruit or vegetable at each meal.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> WG Bagel Cream Cheese 1 oz OR Breakfast Break Pack Assorted Juice Grapes Milk
<div>4</div> WG Muffin 2oz OR Breakfast Break Pack Assorted Juice Apple Slices Milk	<div>5</div> Egg&Cheese WG Croissant OR Breakfast Break Pack Assorted Juice Strawberries Milk	<div>6</div> WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	<div>7</div> Yogurt Smoothie WG Breakfast Cracker asst OR Breakfast Break Pack Assorted Juice Banana Milk	<div>8</div> WG Bagel Cream Cheese 1 oz OR Breakfast Break Pack Assorted Juice Grapes Milk
<div>11</div> WG Muffin 2oz OR Breakfast Break Pack Assorted Juice Apple Slices Milk	<div>12</div> Egg&Cheese WG Croissant OR Breakfast Break Pack Assorted Juice Strawberries Milk	<div>13</div> WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	<div>14</div> Yogurt Smoothie WG Breakfast Cracker asst OR Breakfast Break Pack Assorted Juice Banana Milk	<div>15</div> WG Bagel Cream Cheese 1 oz OR Breakfast Break Pack Assorted Juice Grapes Milk
<div>18</div> WG Muffin 2oz OR Breakfast Break Pack Assorted Juice Apple Slices Milk	<div>19</div> Egg&Cheese WG Croissant OR Breakfast Break Pack Assorted Juice Strawberries Milk	<div>20</div> WG Donut OR Breakfast Break Pack Assorted Juice Pear Milk	<div>21</div> Yogurt Smoothie WG Breakfast Cracker asst OR Breakfast Break Pack Assorted Juice Banana Milk	<div>22</div> Winter Break No School
<div>25</div> Winter Break No School	<div>26</div> Winter Break No School	<div>27</div> Winter Break No School	<div>28</div> Winter Break No School	<div>29</div> Winter Break No School

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