



Lyndeborough Central 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.

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

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
BREAD, BAGEL, 2.0 OZ, IW WG (HIDDEN)
CREAM CHEESE, 1 OZ (HIDDEN)
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, GRAPES, FRESH
Milk 1% Hood 8oz

4
MUFFIN, BAKED
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, APPLE, SLICES
Milk 1% Hood 8oz

11
MUFFIN, BAKED
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, APPLE, SLICES
Milk 1% Hood 8oz

18
MUFFIN, BAKED
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, APPLE, SLICES
Milk 1% Hood 8oz

25
Winter Break

5
SANDWICH, BREAKFAST, EGG/CHZ/C
ROISSANT
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
STRAWBERRIES: frozen
Milk 1% Hood 8oz

5
SANDWICH, BREAKFAST, EGG/CHZ/C
ROISSANT
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
STRAWBERRIES: frozen
Milk 1% Hood 8oz

12
SANDWICH, BREAKFAST, EGG/CHZ/C
ROISSANT
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
STRAWBERRIES: frozen
Milk 1% Hood 8oz

19
SANDWICH, BREAKFAST, EGG/CHZ/C
ROISSANT
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
STRAWBERRIES: frozen
Milk 1% Hood 8oz

26
Winter Break

6
ENTREE, DONUT, BAKED WG
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
PEARS, FRESH
Milk 1% Hood 8oz

6
ENTREE, DONUT, BAKED WG
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
PEARS, FRESH
Milk 1% Hood 8oz

13
ENTREE, DONUT, BAKED WG
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
PEARS, FRESH
Milk 1% Hood 8oz

20
ENTREE, DONUT, BAKED WG
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
PEARS, FRESH
Milk 1% Hood 8oz

27
Winter Break

7
SMOOTHIE, YOGURT
CRACKER, BREAKFAST
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, BANANA, WHOLE
Milk 1% Hood 8oz

7
SMOOTHIE, YOGURT
CRACKER, BREAKFAST
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, BANANA, WHOLE
Milk 1% Hood 8oz

14
SMOOTHIE, YOGURT
CRACKER, BREAKFAST
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, BANANA, WHOLE
Milk 1% Hood 8oz

21
SMOOTHIE, YOGURT
CRACKER, BREAKFAST
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, BANANA, WHOLE
Milk 1% Hood 8oz

28
Winter Break

1
BREAD, BAGEL, 2.0 OZ, IW WG (HIDDEN)
CREAM CHEESE, 1 OZ (HIDDEN)
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, GRAPES, FRESH
Milk 1% Hood 8oz

8
BREAD, BAGEL, 2.0 OZ, IW WG (HIDDEN)
CREAM CHEESE, 1 OZ (HIDDEN)
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, GRAPES, FRESH
Milk 1% Hood 8oz

15
BREAD, BAGEL, 2.0 OZ, IW WG (HIDDEN)
CREAM CHEESE, 1 OZ (HIDDEN)
ENTREE, CEREAL, breakfast break , EL
EM
FRUIT JUICE, ASSORTED LCS FRES
FRUIT, GRAPES, FRESH
Milk 1% Hood 8oz

22
Winter Break

29
Winter Break

All Breakfast Served with
100% Juice and 1% Milk of Fat Free Chocolate Milk
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