



Florence Rideout
Elementary School
Lyndeborough Central School



FEBRUARY

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 603-732-9344
FRES/LCS Site Coord Tammy Smith 603-732-9283
WLC Site Coordinator 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 \$3.00
Adult \$4.00
Milk alone \$.50

Monday

Tuesday

Wednesday

Thursday

Friday

1

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

2

Chicken Caesar Wrap
Seasoned Chicken
Caesar dressing
Romaine Lettuce
Shredded cheese
WG Tortilla*
Cucumber Cup
Pear
Side Garden Salad
Milk
Dressing packet
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

5

NO SCHOOL
Teacher Workshop Day

6

Baked Penne
Meat Sauce
Garlic Bread w/cheese
Corn
Side Garden Salad
Dressing packet
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Strawberries
Cantaloupe
Cucumber Cup
Dressing
Milk

7

Chicken Fajitas
Pepper & onion Stir Fry
WG Tortilla*
Cilantro-Lime Brown Rice
Salsa
Sour Cream RF
Peaches
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

8

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

9

Pulled Pork on a Bun
WG Bun*
Broccoli
Orange
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

12

Seasoned Pulled Pork
Nachos
Cilantro-Lime Brown Rice
WG Tortilla Chips*
Cheese Sauce
Black Bean Salad
Sour Cream RF
Salsa
String Cheese
Shredded Cheddar Cheese
Romaine Lettuce
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
BLUEBERRIES
Peaches
Sliced Cucumber
Dressing
Milk

13

American Chop Suey W/
Seasoned Beef
WG Pasta with*
Peppers & Onions
Marinara Sauce
Parm Crusted Roasted
Green Beans
Parmesan Grated
Garden Salad
Italian Dressing
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Cantaloupe
Strawberries
Sliced Cucumber
Milk

14

Tempura Chicken
Roasted Sweet Potato
Cucumber Tomato Salad
WG Dinner Roll
Holiday Cupcake
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Dressing packet
Orange
Pear
Cauliflower
Dressing
Milk

15

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

16

Crispy Chicken on a Bun
Or a
Oven Fries
Roasted Broccoli
Goldfish Cracker
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Tropical Fruit Cocktail
Sliced Cucumber
Ranch Dressing cup
Milk

19

Teriyaki Chicken
Peppers & Onions
Seasoned Brown Rice
Asian Vegetables
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Apple
Mandarin Oranges
Dressing
Snap Peas
Milk

20

Cheeseburger
WG Bun
Cheese
French Fries
Cucumber Tomato Salad
Ketchup
Mayo & mustard PKt
Pears
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

21

Mac & Cheese
WG pasta
WG Pasta with*
Cheese Sauce
Seasoned Carrots
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pear
Orange
Cauliflower
Milk

22

Pizza
Garden Salad
Italian Dressing
Apple
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Pears
Pepper Sweet Cup
Ranch Dressing cup
Milk

23

Turkey & Cheese Sub
WG Sub Roll
Mayo & mustard PKt
Carrots Sticks
Dried Cranberries
Chickpea Salad
Apple Slices
Ranch Dressing cup
Milk
Dressing packet
Side Garden Salad
COLD LUNCH
Ham/Turkey & Cheese wrap
Or Assorted Salad Entree
Or Parfait
Mixture of Fresh Fruit
Cup Fresh vegetable
with Dressing

26

NO SCHOOL TODAY
Holiday break

27

NO SCHOOL TODAY
Holiday break

28

NO SCHOOL TODAY
Holiday break

29

NO SCHOOL TODAY
Holiday break

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