



WILTON-LYNDEBOROUGH  
MIDDLE SCHOOL AND HIGH SCHOOL

## Daily Cold Options Menu

All meals are prepared daily : Fresh fruits and  
Veggies served daily : We offer 100% Juice and Hood 1% milk,  
skim milk and Hood fat free flavored milk :  
Each Student must take a Fruit and or a Vegetable for their lunch  
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For more information please contact  
Kristie LaPlante 603-732-9174  
FRES/LCS Site Coord Tammy Smith 603-732 9283  
WLC Site Coordinator Melodie Jones 603-732-9344  
<https://www.mymealtime.com/>

Menu subject to change without notice due to  
product availability

Lunch Prices Student \$3.00  
Reduced: \$.40  
Milk or Juice alone \$.50  
Adult Lunch \$4.00

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

5

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

6

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

7

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

8

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

9

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

12

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

13

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

14

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

15

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

16

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

19

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

20

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

21

Ham and Cheese Wrap  
Turkey and Cheese Wrap  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Apple Slices  
Carrots Sticks  
Milk

22

Last Day of School  
Dismissed 11:40  
Turkey BLT Wrap  
Ham and Cheese Sliders  
Mayo Packet  
Mustard  
Sunbutter&Jelly WG bread  
Carrots Sticks  
Dressing  
Cranberry  
Milk

23

26

27

28

29

30

### 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**