



Florence Rideout Elementary School

*Breakfast/Snack will not be served Delayed openings



Fruits and Veggies are served daily.
Choice of main Entree' or Fruit Parfait or Cereal
: Each Student must take a cupped or fresh Fruit and or a Vegetable for their Breakfast
We offer 100% Juice, 1% Milk and Fat Free Flavored Milk.

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/>

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

2

Cinnamon Roll
Bacon
Or Assorted Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk

Tuesday

3

Breakfast Sandwich
or Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

Wednesday

4

Donut
or Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

Thursday

5

Yogurt Breakfast
or Cereal
Assorted Juice
Assorted Fresh and
Cupped Fruit
Milk

Friday

6

French Toast
Sausage Links
Syrup
or Cereal
Parfait/Smoothie
Juice
Assorted Fresh and
Cupped Fruit
Milk
Or Oatmeal

9

Assorted Cereal
Juice
Assorted Fresh and
Cupped Fruit
Milk

10

11

12

13

**All Breakfast Served with
100% Juice / 1%Milk of Fat Free Chocolate Milk
Fruit Parfait consist of: Fruit yogurt and granola
This Institution is an Equal Opportunity Provider**