


**Florence Rideout
Elementary School**



MARCH

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.

Breakfast/Snack will not be served Delayed openings

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/>

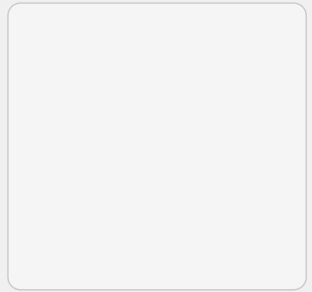
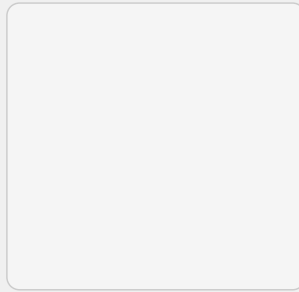
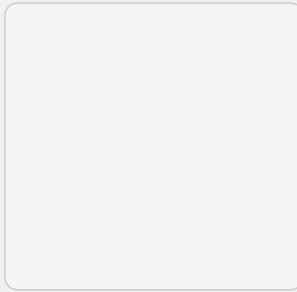
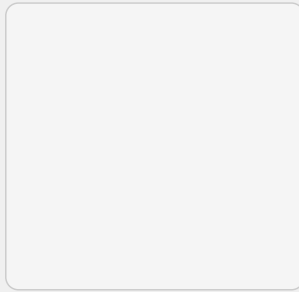
BREAKFAST MENU

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	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <p>Muffin OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>4</div> <p>Breakfast Sandwich OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>5</div> <p>Donut OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>6</div> <p>Yogurt Breakfast Cracker OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>7</div> <p>French Toast Sticks Sausage Links Syrup, PC OR Breakfast Break Pack Parfait/Smoothie Juice Assorted Fresh Fruit and Cupped Fruit Milk Or Oatmeal</p>
<div>10</div> <p>Muffin OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>11</div> <p>Breakfast Sandwich OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>12</div> <p>Donut OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>13</div> <p>Yogurt Breakfast Cracker OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>14</div> <p>Breakfast Wrap Hash Brown Patty OR Breakfast Break Pack Parfait/Smoothie Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>
<div>17</div> <p>Muffin OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>18</div> <p>Breakfast Sandwich OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>19</div> <p>Donut OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>20</div> <p>Yogurt Breakfast Cracker OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>21</div> <p>French Toast Sticks Sausage Links Syrup, PC OR Breakfast Break Pack Parfait/Smoothie Juice Assorted Fresh Fruit and Cupped Fruit Milk Or Oatmeal</p>
<div>24</div> <p>Muffin OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>25</div> <p>Breakfast Sandwich OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>26</div> <p>Donut OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>27</div> <p>Yogurt Breakfast Cracker OR Breakfast Break Pack Assorted Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>	<div>28</div> <p>Breakfast Wrap Hash Brown Patty OR Breakfast Break Pack Parfait/Smoothie Juice Assorted Fresh Fruit and Cupped Fruit Milk</p>

Muffin
OR Breakfast
Break Pack
Assorted Juice
Assorted Fresh Fruit
and Cupped Fruit
Milk



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