



Wilton-Lyndeborough Middle/High School

Cold Lunch Options Offered Daily

We offer 1% milk, and fat free Chocolate milk :
: Each Student must take a Fruit and or a
Vegetable for their lunch :
A la cart items available Prices vary
Meal benefits do not apply

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/>

Menu subject to change due
to product availability

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

Monday

28

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

Tuesday

29

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

Wednesday

30

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

Thursday

31

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

Friday

1

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

4

Labor Day Closed

5

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

6

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

7

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
OR Garden Salad
Roamine, Tom, Pep, Cart, Cuk
Italian, Ranch, Caesar
Season, BBQ, Bufflo chicken
Mixed Fruit
Fresh Vegetable cup mix
Milk

8

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WG Tortilla OR
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Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
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Italian, Ranch, Caesar
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Mixed Fruit
Fresh Vegetable cup mix
Milk

11

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WG Bread OR
Yogurt Parfait, Fruit
WG Granola
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Italian, Ranch, Caesar
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Mixed Fruit
Fresh Vegetable cup mix
Milk

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Italian,Ranch,Caesar
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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