



**Wilton-Lyndeborough
Middle/High School**

OCTOBER

Menu subject to change due to product availability

Fruits and Veggies are served daily.
We offer 100% Juice and Hood 1% milk and Hood fat free
flavored milk.

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/>

BREAKFAST MENU

Breakfast Prices Student \$1.80
Reduced: FREE
Milk or Juice alone \$.50
Adult Breakfast: \$2.00

Monday

2

Breakfast Bread 2oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Apple
Milk

Tuesday

3

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

Wednesday

4

WG Donut
Or Oatmeal
Or Assorted Cereal
Yogurt Parfait, Fruit
WG Granola
Juice
Pear
Milk

Thursday

5

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

Friday

6

NO SCHOOL
Teacher Workshop Day

9

Columbus Day
No School

10

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

11

WG Donut
Or Oatmeal
Or Assorted Cereal
Yogurt Parfait, Fruit
WG Granola
Juice
Pear
Milk

12

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

13

WG Bagel
Cream Cheese 1 oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Grapes
Milk

16

Breakfast Bread 2oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Apple
Milk

17

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

18

WG Donut
Or Oatmeal
Or Assorted Cereal
Yogurt Parfait, Fruit
WG Granola
Juice
Pear
Milk

19

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

20

WG Bagel
Cream Cheese 1 oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Grapes
Milk

23

Breakfast Bread 2oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Apple
Milk

24

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

25

WG Donut
Or Oatmeal
Or Assorted Cereal
Yogurt Parfait, Fruit
WG Granola
Juice
Pear
Milk

26

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

27

WG Bagel
Cream Cheese 1 oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Grapes
Milk

30

Breakfast Bread 2oz
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Apple
Milk

31

Egg&Cheese WG Croissant
Or Assorted Cereal
Or Oatmeal
Yogurt Parfait, Fruit
WG Granola
Juice
Banana
Milk

All Breakfast Served with
100% Juice and 1% Milk of Fat Free Chocolate Milk
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