



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

2

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
Fresh Vegetable cup mix
Milk

Tuesday

3

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
Fresh Vegetable cup mix
Milk

Wednesday

4

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
Fresh Vegetable cup mix
Milk

Thursday

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
Fresh Vegetable cup mix
Milk

Friday

6

NO SCHOOL
Teacher Workshop Day

9

Columbus Day
No School

10

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
Fresh Vegetable cup mix
Milk

11

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
Fresh Vegetable cup mix
Milk

12

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
Fresh Vegetable cup mix
Milk

13

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
Fresh Vegetable cup mix
Milk

16

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
Fresh Vegetable cup mix
Milk

17

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
Fresh Vegetable cup mix
Milk

18

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
Fresh Vegetable cup mix
Milk

19

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
Fresh Vegetable cup mix
Milk

20

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
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Roamine,Tom,Pep,Cart,Cuk
Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Fresh Vegetable cup mix
Milk

23

Ham & Cheese on
WG Tortilla OR
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WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
Yogurt Parfait, Fruit
WG Granola
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Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Fresh Vegetable cup mix
Milk

24

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
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
Season,BBQ,Bufflo chicken
Fresh Vegetable cup mix
Milk

25

Ham & Cheese on
WG Tortilla OR
Turkey and Cheese on
WG Tortilla OR
Mayonnaise
Mustard
Sunbutter&Jelly
WG Bread OR
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WG Granola
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Italian,Ranch,Caesar
Season,BBQ,Bufflo chicken
Fresh Vegetable cup mix
Milk

26

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
Fresh Vegetable cup mix
Milk

27

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
Fresh Vegetable cup mix
Milk

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
Fresh Vegetable cup mix
Milk

31

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



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