



WILTON-LYNDEBOROUGH
MIDDLE SCHOOL AND HIGH
SCHOOL

OCTOBER

We offer 1% milk, and fat free Chocolate milk :
: Each Student must take a Fruit and or a Vegetable for their
lunch :
Y

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/>

LUNCH MENU

Menu subject to change due to product availability

Lunch Prices Student \$3.00

Milk or Juice alone \$.50

Reduced: \$.40

Adult Lunch \$4.00

A la cart items available Prices vary
Meal benefits do not apply

Monday

2

BREAKFAST FOR LUNCH
Mini Waffles
Sausage Links
Hash Brown Patty
Syrup, PC
Ketchup
Side Garden Salad
Strawberries
Milk

Tuesday

3

Sloppy Joe on a WG Bun
Coleslaw
Onion Rings
Apple
Milk

Wednesday

4

Chicken Fajitas
Pepper & onion Stir Fry
WG Tortilla
Cilantro-Lime Brown Rice
Salsa
Sour Cream RF
Peaches
Milk

Thursday

5

Pizza
Garden Salad
Italian Dressing
Apple
Milk

Friday

6

NO SCHOOL
Teacher Workshop Day

9

Columbus Day
No School

10

Buffalo Chicken Wrap
Buffalo Sauce
Shredded cheese
WG Tortilla
Carrots
Celery Sticks
Dressing
Apple
Milk

11

WG Pasta with
Marinara Sauce
Garlic Bread w/cheese
Cheese 1oz
Corn
Peaches
Milk

12

Taco on the Fly
WG Tortilla Chips
Seasoned Taco Meat
Romaine Lettuce
Salsa
Sour Cream RF
Orange
Pear
Milk

13

Pizza
Garden Salad
Italian Dressing
Apple
Milk

16

BREAKFAST FOR LUNCH
Egg&Cheese WG Croissant
Hash Brown Patty
Side Garden Salad
Pear
Milk

17

Mac & Cheese
WG pasta
WG Pasta with
Cheese Sauce
Seasoned Carrots
Peaches
Milk

18

Cheeseburger
WG Bun
Cheese
French Fries
Ketchup
Mayonnaise
Mustard
Pears
Milk

19

Fish sandwich
WG Bun
Cheese
Colossal Crinkle Fries
Tartar Sauce Packet
Ketchup
Strawberries
Milk

20

Pizza
Garden Salad
Italian Dressing
Apple
Milk

23

Tomato Soup and
Grilled Cheese SandwichWG
Banana
Milk

24

Deli Sandwich Bar
WG Sub Roll
Ham & Cheese
Sandwich
Turkey and Cheese
Italian
Cheese
Side Garden Salad
Mixed Fruit
Milk

25

Seasoned Pulled Pork
Nachos
WG Tortilla Chips
Romaine Lettuce
Salsa
Sour Cream RF
Shredded Cheddar Cheese
ORANGE
Milk

26

Breaded Mandarin Chicken
Seasoned Carrots
Cilantro-Lime Brown Rice
Mandarin Oranges
Milk

27

Pizza
Garden Salad
Italian Dressing
Apple
Milk

30

BBQ Pulled Pork Sandwich
WG Bun
BBQ Sauce cup
Seasoned Red Beans
Corn
Peaches
Milk

31

Spaghetti Brains and Meat Eyeball
WG Pasta with
Meat Sauce
Garlic Bread w/cheese
Cheese 1oz
Corn
Blueberries
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