



**WILTON-LYNDEBOROUGH
MIDDLE SCHOOL AND HIGH SCHOOL**

"À la carte" items are individual snacks/ice cream and are priced and ordered separately

APRIL

We offer 1% Milk, and Fat Free Chocolate Milk :
: Each Student must take a Fruit and or a Vegetable for their lunch :

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/>

LUNCH MENU

Note: Menus are subject to change without notice

Lunch Meal Prices
Reduced \$.40
Paid \$3.05
Adult \$4.00
Milk alone \$.50

Monday

Tuesday

Wednesday

Thursday

Friday

1

Shepherds Pie
Garlic Bread
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

2

Chicken Fajitas
with Peppers & Onions
Cilantro-Lime Brown Rice
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

3

Italian Sub
Lettuce and Tomato
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

4

Pizza
Garden Salad
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

7

Pasta
Meat Sauce
Peas
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

8

Orange Chicken
Veggie Fried Rice
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

9

WLC Rib Sandwich
Corn on the Cob
Coleslaw
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Italian Dressing
Milk

10

Beef and Bean Burrito
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

11

Bosco Sticks
Garden Salad
Italian Dressing
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

14

Macaroni & Cheese
Chicken Nuggets
Side Caesar Salad
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Ranch cup
Milk

15

Chicken Meatball Taco
Pineapple coleslaw
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

16

Crispy Chicken on a Bun
Oven Fries
Cheesy Broccoli
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

17

Beef Ramen Noodle Bowl
Sushi
Fortune Cookie
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

18

Pizza
Garden Salad
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

21

Beef Taco Pasta
Salsa Sauce
With Peppers & Onions
Garden Salad
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Italian Dressing
Milk

22

French Toast
Sausage Links
Fruit Salad
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

23

Chicken Philly Sub
With Peppers & Onions
Tater Tots
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

24

Bosco Sticks
Garden Salad
Italian Dressing
Assorted Fresh and
Cupped Fruit
Assorted Fresh
Vegetables
Milk

25

Hamburger or
Cheeseburger
or Hot Dog
Potato Salad with egg
Baked Chips
Watermelon
Garden Salad
Italian Dressing
Frozen Treat
Milk

28

NO SCHOOL TODAY
Spring Break

29

NO SCHOOL TODAY
Spring Break

30

NO SCHOOL TODAY
Spring Break

Side/Entree Garden Salad Consist of:

Romaine lettuce Carrots Cucumbers, Tomatoes, Peppers, celery.:

Chicken choices: Teriyaki, Crispy, Italian, BBQ, Mandarin Orange.

Dressings: Golden Italian, Balsamic Vinaigrette, Raspberry Vinaigrette, Creamy Caesar, Ranch.

Cold Daily Options Boxes Entree s Ham and Cheese or Turkey and Cheese Wraps, Sunbutter and Jelly Sandwich, Pizza Lunchable or Fruit Parfait with a cheese stick and granola Mixture of Fresh and Cupped Fruit. Fresh vegetables with Dip offered daily

This Institution is an Equal Opportunity Provider