



Wilton-Lyndeborough
Middle/High School

AUGUST /
SEPTEMBER

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

Menu subject to change due to product availability

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

Monday

28

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

Tuesday

29

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

Wednesday

30

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

Thursday

31

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

Friday

1

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

4

Labor Day Closed

5

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

6

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

7

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

8

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

11

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

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

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

22

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

25

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

26

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

27

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

28

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

29

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

All Breakfast Served with
100% Juice and 1%Milk of Fat Free Chocolate Milk
This Institution is an Equal Opportunity Provider