



WILTON-LYNDEBOROUGH
MIDDLE SCHOOL
AND HIGH SCHOOL

AUGUST /
SEPTEMBER

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 603-732-9344
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

Milk or Juice alone \$.50
Reduced: \$.40
Adult Lunch \$4.00
A la cart items available Prices vary
Meal benefits do not apply

Monday

28

Hot Dog
WG HD Bun
Ketchup
Mustard
Relish
Carrots Sticks
Side Garden Salad
Ranch cup
Dried Cranberries
Baked Chips
Milk

Tuesday

29

WG Pasta with
Meat Sauce
Garlic Bread w/cheese
Corn
Peaches
Side Garden Salad
Milk

Wednesday

30

Chicken Rice Bowl
Teriyaki Sauce
Peppers & Onions
Seasoned Brown Rice
Asian Vegetables
Mandarin Oranges
Side Garden Salad
Milk

Thursday

31

BREAKFAST BURRITO
WG Tortilla
Scrambled Eggs
Shredded Cheddar Cheese
Peppers & Onions
Salsa
Hash Brown Patty
Side Garden Salad
Peaches
Milk

Friday

1

Pizza
Garden Salad
Italian Dressing
Apple
Milk

4

Labor Day Closed

5

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

6

Chicken Caesar Wrap
Seasoned Chicken
Caesar dressing
Romaine Lettuce
Shredded cheese
WG Tortilla
Cucumber Cup
Pear
Side Garden Salad
Milk

7

Cheese Quesadilla
Peppers & Onions
WG Tortilla
Salsa
Sour Cream RF
Broccoli
Dressing
Banana
Side Garden Salad
Milk

8

Pizza
Garden Salad
Italian Dressing
Apple
Milk

11

BBQ Chicken Sandwich
WG Bun
Shredded Cheddar Cheese
Coleslaw
Orange
Side Garden Salad
Milk

12

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

13

Baked Potato Bar
Chili
Shredded Cheddar Cheese
Bacon
Butter
Salsa
Sour Cream RF
Broccoli
Blueberries
WG Dinner Roll
Side Garden Salad
Milk

14

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

15

Pizza
Garden Salad
Italian Dressing
Apple
Milk
Fish sandwich
WG Bun
Tartar Sauce Packet
Cheese
Colossal Crinkle Fries
Side Garden Salad
Strawberries
Ketchup

18

BREAKFAST FOR LUNCH
Egg&Cheese WG Croissant
Sweet Potato Tots
Pears
Milk

19

American Chop Suey W/
Seasoned Beef
WG Pasta with
Peppers & Onions
Marinara Sauce
Parmesan Grated
Garden Salad
Italian Dressing
Banana
Milk

20

Taco on the Fly
WG Tortilla Chips
Seasoned Chicken Meat
Romaine Lettuce
Shredded Cheddar Cheese
Sour Cream RF
Salsa
Carrots Sticks
Celery Sticks
Dressing
Orange
Milk

21

BBQ Pulled Pork Sandwich
WG Bun
BBQ Sauce cup
Baked Beans
Coleslaw
Banana
Milk

22

Pizza
Garden Salad
Italian Dressing
Apple
Milk

25

BREAKFAST FOR LUNCH
 French Toast Sticks WG
 Syrup, PC
 Sausage Links
 Hash Brown Patty
 Side Garden Salad
 Ketchup
 Blueberries
 Milk

26

Chicken
 Alfredo sauce
 Broccoli
 Orange
 Milk

27

Seasoned Pulled Pork
 Nachos
 WG Tortilla Chips
 Cheese Sauce
 Black Bean Salad
 Sour Cream RF
 Salsa
 Shredded Cheddar Cheese
 Romaine Lettuce
 Pear
 Milk

28

Hot Beef Sundae
 Seasoned Beef
 Mashed Red Potato
 Peas and Carrots
 Beef Gravy
 WG Dinner Roll
 Banana
 Milk

29

Pizza
 Garden Salad
 Italian Dressing
 Apple
 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