



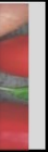
# Wilton-Lyndeborough Middle/High School

\*Breakfast will not be served Delayed openings\*

## MARCH



Fruits and Veggies are served daily.  
Choice of main Entree' or Fruit Parfait or Cereal  
: Each Student must take a cupped or fresh Fruit and or a  
Vegetable for their Breakfast  
We offer 100% Juice, 1% Milk and Fat Free Flavored Milk.



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/>

## BREAKFAST MENU

Note: Menus are subject to change without notice

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

### Monday

3

Cinnamon Roll  
bacon round  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

10

Muffin  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

17

Cinnamon Roll  
bacon round  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

24

Muffin  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

### Tuesday

4

Breakfast Sandwich  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

11

Breakfast Sandwich  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

18

Breakfast Sandwich  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

25

Breakfast Sandwich  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

### Wednesday

5

French Toast Sticks  
Sausage Links  
Syrup, PC  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

12

French Toast Sticks  
Sausage Links  
Syrup, PC  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

19

French Toast Sticks  
Sausage Links  
Syrup, PC  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

26

French Toast Sticks  
Sausage Links  
Syrup, PC  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

### Thursday

6

Breakfast Wrap  
Hash Brown Patty  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

13

Breakfast Wrap  
Hash Brown Patty  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

20

Breakfast Wrap  
Hash Brown Patty  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

27

Breakfast Wrap  
Hash Brown Patty  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

### Friday

7

Variaty of sliced Bread  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

14

Variaty of sliced Bread  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

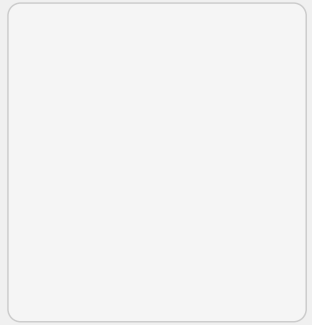
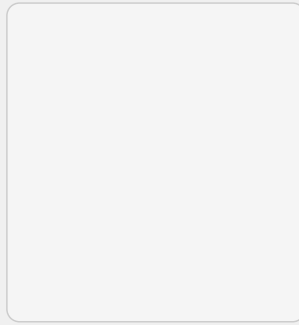
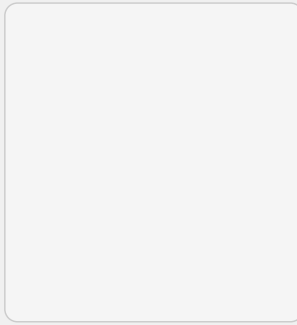
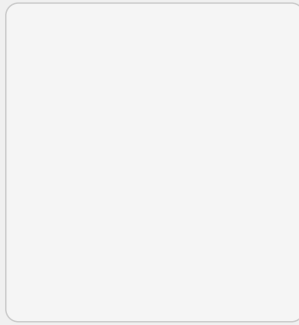
21

Variaty of sliced Bread  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

28

Variaty of sliced Bread  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk

Cinnamon Roll  
bacon round  
Or Assorted Cereal  
Parfait/Smoothie  
Juice  
Assorted Fresh Fruit  
and Cupped Fruit  
Milk



**All Breakfast Served with**  
**100% Juice / 1%Milk of Fat Free Chocolate Milk**  
**Fruit Parfait consist of: Fruit yogurt and granola**  
**This Institution is an Equal Opportunity Provider**