



WILTON-LYNDEBOROUGH
MIDDLE SCHOOL AND
HIGH SCHOOL

MARCH

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

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

3

Spaghetti And Meatballs
Maranara Sauce
Garlic Bread
Green beans
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

Tuesday

4

Hot Dog
Baked Beans
Summer Pasta Salad
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

Wednesday

5

Chicken Tenders
Colossal Crinkle Fries
Roasted Broccoli
Goldfish Cracker
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

Thursday

6

Pork Ramen Noodle Bowl
Sushi
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

Friday

7

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

10

Chicken Broccoli
Alfredo
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

11

Beef Taco
on a Crunchy Shell
or a Tortilla
Mexican street Corn
Fiesta Rice
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

12

Chicken and Waffles
Chicken Tenders
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Italian Dressing
Milk

13

Chili
Corn Bread
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Italian Dressing
Milk

14

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

17

Irish Potato Nachos
Corn Beef
Sliced potato
Roasted Cabbage
and Carrots
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

18

Minestrone Soup
Side Garden Salad
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

19

Grilled Chicken
Sandwich
Onion Rings
Green Beans
Assorted Fresh
Vegetables
Assorted Fresh Fruit
and Cupped Fruit
Italian Dressing
Milk

20

Popcorn Shrimp
Rice Pilaf
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Cocktail Sauce
Milk

21

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

24

Spicy Sausage Pasta
Green Beans
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

25

Crustless Turkey
Pot Pie
Peas
Carrots
Potato
Biscuit
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

26

Korean Beef
Rice Bowl
Korean Cucumber
Pickles
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Milk

27

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

28

No School

Cheese Tortellini
with Pesto
Zucchini Squash
Summer Squash
Side Caesar Salad
Italian Dressing
Assorted Fresh Fruit
and Cupped Fruit
Assorted Fresh
Vegetables
Dressing
Milk

**Side/Entee Garden Salad Consist of: Romaine lettuce Carrots Cucumbers Tomatoes,
Peppers, Chickpeas, Italian Dressing**

**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