



Florence Rideout  
Elementary 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

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

### Monday

26

WG Muffin 2oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Apple Slices  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

2

Labor Day Closed

9

WG Muffin 2oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Apple Slices  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

16

WG Muffin 2oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Apple Slices  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

23

WG Muffin 2oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Apple Slices  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

30

WG Muffin 2oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Apple Slices  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

### Tuesday

27

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

3

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

10

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

17

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

24

Egg&Cheese WG Croissant  
OR Breakfast  
Break Pack  
Assorted Juice  
Strawberries  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

### Wednesday

28

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Mixtures of Fresh fruit  
and cupped fruit  
Pear  
Milk

4

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Mixtures of Fresh fruit  
and cupped fruit  
Pear  
Milk

11

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Mixtures of Fresh fruit  
and cupped fruit  
Pear  
Milk

18

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Mixtures of Fresh fruit  
and cupped fruit  
Pear  
Milk

25

WG Donut  
OR Breakfast  
Break Pack  
Assorted Juice  
Mixtures of Fresh fruit  
and cupped fruit  
Pear  
Milk

### Thursday

29

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

5

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

12

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

19

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

26

Yogurt Smoothie  
WG Breakfast Cracker asst  
OR Breakfast  
Break Pack  
Assorted Juice  
Banana  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

### Friday

30

No School

6

WG Bagel  
Cream Cheese 1 oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Grapes  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

13

WG Bagel  
Cream Cheese 1 oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Grapes  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

20

WG Bagel  
Cream Cheese 1 oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Grapes  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

27

WG Bagel  
Cream Cheese 1 oz  
OR Breakfast  
Break Pack  
Assorted Juice  
Grapes  
Mixtures of Fresh fruit  
and cupped fruit  
Milk

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