



Wilton-Lyndeborough
Middle/High School

APRIL

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

Tuesday

Wednesday

Thursday

Friday

1

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

2

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

3

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

4

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

7

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

8

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

9

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

10

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

11

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

14

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

15

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

16

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

17

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

18

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

21

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

22

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

23

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

24

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

25

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

28

NO SCHOOL TODAY
Spring Break

29

NO SCHOOL TODAY
Spring Break

30

NO SCHOOL TODAY
Spring Break

**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**