



## BREAKFAST

Student Meals are currently free!

*Revised* **APRIL 2021**

Lamprey River Elementary/ Iber Holmes Gove Middle School  
*This institution is an equal opportunity provider*

Mrs. Judy DiNatale, Nutrition Services Director  
895-6616, x2345 email [j.dinatale@sau33.com](mailto:j.dinatale@sau33.com)  
Mrs. Linda Burke, LRES Cafeteria Manager  
895-3117 x385, email [l.burke@sau33.com](mailto:l.burke@sau33.com)  
Mrs. Linda StPierre, IHGMS Cafeteria Manager  
895-3394 x4109, email [l.stpierre@sau33.com](mailto:l.stpierre@sau33.com)

Monday

Tuesday

Wednesday

Thursday

Friday



Welcome Back to All In-School learners on  
Monday April 19<sup>th</sup>!

Free, Free Free- Meals are still Free for All Students!

Please note: As of April 19<sup>th</sup>, there will no longer be Hybrid Remote Meals

Nutri-Grain Cereal Bar  
String Cheese  
Dried Cranberries  
Assorted 4oz. Juice  
Milk

Nutri-Grain Cereal Bar  
String Cheese  
Dried Cranberries  
Assorted 4oz. Juice  
Milk

Egg & Cheese Croissant  
Fresh Fruit  
Chilled Juice  
Milk

Egg & Cheese Croissant  
Fresh Fruit  
Chilled Juice  
Milk

**Remote Day**

General Mill Cereal Bar  
String Cheese  
Diced Peach Cups  
Chilled Juice  
Milk

Frosted Flakes  
Yogurt Cup  
Fresh Fruit/ Chilled Juice  
Milk

Welcome Back to  
Donut Day!  
Applesauce Cup  
Orange Juice  
Milk

Cheerios Cereal  
String Cheese  
Fresh Fruit/ Chilled Juice  
Milk

Blueberry Muffin  
Dried Fruit Mix  
Orange Juice  
Milk

Track A days are in Green  
Track B days are in Blue  
on this In-School menu  
\* Low-fat White Milk available  
with each grab & go meal.

**Spring Break- Get outside and enjoy!**  
**\*Watch for our May Menus- back to 5 different days each week!**

MY SCHOOL  
BUCKS  
PAY FOR MEALS ONLINE  
MySchoolBucks.com

ALL PURCHASES MUST BE MADE FROM FUNDS ALREADY AVAILABLE IN YOUR ACCOUNT- NO CASH MAY BE ACCEPTED IN THE LINES AT LUNCH. A LOCK BOX IS AVAILABLE ON THE NEW WAVE DELI WALL AND UPSTARIS NEXT TO THE OFFICE FOR PAYMENTS ON ACCOUNT. IT WILL BE OPENED AND APPLIED AT 9:30 DAILY.

