



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
Mrs. Linda Burke, LRES Cafeteria Manager
895-3117 x385, email l.burke@sau33.com
Mrs. Linda StPierre, IHGMS Cafeteria Manager
895-3394 x4109, email l.stpierre@sau33.com

Monday

Tuesday

Wednesday

Thursday

Friday

Track A days are in Green,
Track B days are in Blue
on this In-School menu

Menu subject to occasional change

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

Please note: As of April 19th, there will no longer be Hybrid Remote Meals available,

Chicken Teriyaki Nuggets
Buttered Rice
Asian Vegie Blend
Dinner Roll
Fresh Fruit

Chicken Teriyaki Nuggets
Buttered Rice
Asian Vegie Blend
Dinner Roll
Fresh Fruit

Pull Pork Sliders
Cole Slaw
Green Beans
Pineapple Tidbits

Pull Pork Sliders
Cole Slaw
Green Beans
Pineapple Tidbits

Grilled Chicken Burger
On Bun w/
Lettuce, Tomatoes, Onions
Baked Sweet Potato Puffs
Cupped Pear

Toasted Ham & Cheese
Sandwich
Tomato Soup
Celery Sticks
Mixed Fruit

American Chop Suey
Green Beans
Garlic Bread
Cupped Peaches

Go Red Sox!
Baseball Chicken Nuggets
Big Stick Bread
Shoeless Joe String Fries
Grape Tomatoes
Fresh Fruit

Cheese Pizza Wedge
Steamed Broccoli
Red Pepper Stix's
Pineapple Tidbits

Spring Break- Get outside and enjoy!

****Watch for our May Menus- back to 5 different days each week!***

**Alternate Entrée available daily: Sunbutter and Jelly sandwich with the rest of the regular meal.

**All Lunch Meal will include choice of Lo-fat White or Chocolate Milk.

*MILK ONLY will be available \$0.50

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.



PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.myschoolbucks.com)