



Student Meals are currently free!

# DECEMBER 2020

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 [jdinatale@sau33.com](mailto:jdinatale@sau33.com)  
Mrs. Linda Burke, LRES Cafeteria Manager  
895-3117 x385, email [lburke@sau33.com](mailto:lburke@sau33.com)  
Mrs. Linda StPierre, IHGMS Cafeteria Manager  
895-3394 x4109, email [lstpierre@sau33.com](mailto:lstpierre@sau33.com)

## Monday



Golden Graham Cereal **7**  
String Cheese  
Chilled Fruit/ Juice  
Milk

Nutri-Grain Cereal Bar **14**  
4oz Yogurt  
Raisins/ Juice  
Milk

Cinnamon Toast Crunch Cereal **21**  
String Cheese  
Chilled Fruit/ Juice  
Milk

## Tuesday

Assorted Cereal **1**  
String Cheese  
Cranberries/ Juice  
Milk

Golden Graham Cereal **8**  
String Cheese  
Chilled Fruit/ Juice  
Milk

Nutri-Grain Cereal Bar **15**  
4oz Yogurt  
Raisins/ Juice  
Milk

Cinnamon Toast Crunch Cereal **22**  
String Cheese  
Chilled Fruit/ Juice  
Milk

## Wednesday

Chocolate Chip Muffin **2**  
Fresh Fruit/ Juice  
Milk

Cinni – Mini Roll **9**  
Fresh Fruit/ Juice  
Milk

Coco Puff Cereal Bar **16**  
Fresh Fruit /Juice  
Milk

## Thursday

Chocolate Chip Muffin **3**  
Fresh Fruit/ Juice  
Milk

Cinni – Mini Roll **10**  
Fresh Fruit/ Juice  
Milk

Coco Puff Cereal Bar **17**  
Fresh Fruit /Juice  
Milk

## Friday

**REMOTE DAY 4**  
Grab and Go Meals for next week must be **PREORDERED ONLINE By 7:00 AM Friday.**  
Pick up is next Mon or Tues

**REMOTE DAY 11**  
Grab and Go Meals for next week must be **PREORDERED ONLINE By 7:00 AM Friday.**  
Pick up is next Mon or Tues

**REMOTE DAY 18**  
**Special Note:**  
Grab and Go Meals for the weeks of 12/21 and 1/4/21 must be **PREORDERED ONLINE By 7:00 AM Friday 12/18.**

# HOLIDAY BREAK

*We wish everyone a healthy, safe  
and joyous celebration!*

**31**  
Track A days are in Green,  
Track B days are in Blue.  
Please see our Remote menu for  
Preorder options



\*Menu subject to occasional change. \*Breakfast is being served as a "Grab & Go" complete bag meal this fall. All bags will contain Lo-fat White Milk.

\*LRES students will preorder breakfast in their classrooms, and it will be delivered by Nutrition Service Staff.

\*IHGMS students will be able to pick up their breakfast from our mobile serving station in the downstairs hallway by the display case.

ANY PAYMENTS ON ACCOUNT SHOULD ALSO BE DROPPED OFF IN THE LOCKING MAILBOX NEXT TO THIS STATION as we will be unable to process payments in the lunch lines.

**Preorder Remote meals on line before 7:00 AM on Fridays for the following week. Order by 7:00 AM Friday 12/18 for meals to be picked up the weeks of 12/21 & 1/5.**

