

MARCH 2024 LUNCH

Lamprey River Elementary School
33 Old Manchester Rd
Raymond, NH 03077
603-895-3117

Kitchen Manager Linda Burke
603.895.3117 x3385 l.burke@sau33.com

Nutrition Services Director Tasha Ball
603.895.6616 x2345 t.ball@sau33.com

Lunch price \$3.40
Reduced Price \$0.40

Please be reminded that Students wishing to purchase Milk Only must have funds available on their account. As always, milk may not be charged.

This menu meets the Nutritional Guidelines for the National School Lunch Program as established by the USDA. This institution is an equal opportunity provider. Esta institucion es un proveedor que ofrece igualdad de oportunidades. Menu is subject to change based on availability of ordered items.

MONDAY

TUESDAY

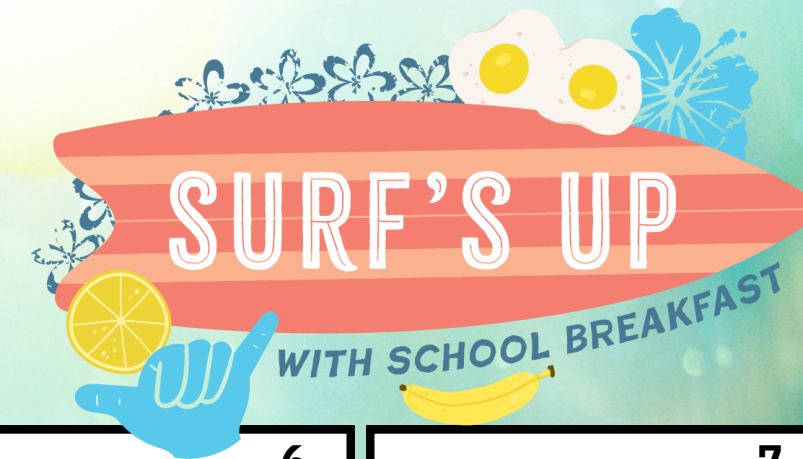
WEDNESDAY

THURSDAY

FRIDAY



National School
Breakfast Week is
March 4th - 8th



1
WINTER BREAK
NO SCHOOL

4
Stuffed Crust Pizza
Carrot Sticks
Broccoli
Choice of Fruit
Choice of Milk

5
Turkey Tacos
Lettuce/Tomato
Cheese/Salsa
Refried Beans
Choice of Fruit
Choice of Milk

6
Brunch for Lunch
Waffles w/ Syrup
Yogurt
Hashbrown
Choice of Fruit
Choice of Milk

7
Cheeseburger
on a Bun
California Blend
Red Pepper Strips
Choice of Fruit
Choice of Milk

8
Chicken Patty
on a Bun
Cucumbers
Chef's Choice Veg
Choice of Fruit
Choice of Milk

11
Mini Bagel Pizza
French Fries
Grape Tomatoes
Choice of Fruit
Choice of Milk

12
STAFF IN-SERVICE
NO SCHOOL

13
Mac and Cheese
Breadstick
Garden Salad
Carrot Coins
Choice of Fruit
Choice of Milk

14
Corn Dog
Broccoli
Baked Beans
Choice of Fruit
Choice of Milk

15
Soft Pretzel
Chicken Noodle Soup
Nacho Cheese
Celery Sticks
Chef's Choice Veg
Choice of Fruit
Choice of Milk

18
Rectangle Pizza
Cheese or Hawaiian
Carrots
Green Beans
Choice of Fruit
Choice of Milk

19
Hot Dog on a Bun
Baked Beans
Grape Tomatoes
Choice of Fruit
Choice of Milk

20
Beef Quesadilla
Lettuce & Tomato
Salsa & Sour Cream
Corn
Choice of Fruit
Choice of Milk

21
Egg, Ham & Cheese
On English Muffin
Carrots
Cucumbers
Choice of Fruit
Choice of Milk

22
Chicken Nuggets
w/ Roll
Oven Baked Fries
Chef's Choice Veg
Choice of Fruit
Choice of Milk

25
Cheese Pizza Slice
Steamed Carrots
Broccoli
Frozen Treat
Choice of Fruit
Choice of Milk

26
Chicken Patty
on a Bun
Red Pepper Strips
Veggie Beans
Choice of Fruit
Choice of Milk

27
American Chop Suey
Garlic Bread
Garden Salad
Choice of Fruit
Choice of Milk

28
Brunch for Lunch
French Toast Sticks
Sausage Links
Hashbrown
Cucumbers
Choice of Fruit
Choice of Milk

29
Hot Ham and Cheese
Croissant
French Fries
Chef's Choice Veg
Choice of Fruit
Choice of Milk

MARCH

2024 BREAKFAST

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Breakfast price \$1.75
Free/Reduced Price \$0.00

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BREAKFAST MENU

**BREAKFAST INCLUDES:
MILK, FRUIT/JUICE, GRAINS
AND/OR PROTEIN**

SERVED DAILY:

Milk

Fat Free: Chocolate & 1%: White

Juice 100% apple, orange & fruit punch

Fruit Fresh & Cupped (Assorted)

**A complete meal
MUST include a fruit or juice
and you may take 2**

**Items are subject to change based
on availability**

**A variety of entree options are
available daily.**

**ENTREE OPTIONS MAY INCLUDE:
Cereal Whole Grain (Assorted) 2
boxes or w/yogurt or string
cheese**

**Yogurt Nonfat Vanilla &
Strawberry w/choice of grain
Hard Boiled Eggs w/ crackers or
toast**

**Pillsbury Mini Cinni, Bagel Stick,
Chocolate Crescent, Apple Frudel
Banana Bread, Lemon Bread or
Crumb Cake**

**Mini Waffles or Mini Pancakes
Whole Grain Muffins
Cinnamon Buns (wg) or
Doughnuts (wg)**

**Bagels Whole Grain w/ Cream
Cheese**

Egg and Cheese Sandwiches

MY
SCHOOL
BUCKS

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today

The Simple Way to Pay
FOR SCHOOL MEALS