

MARCH 2024 LUNCH

Raymond High School
45 Harriman Hill Rd
Raymond, NH 03077
603-895-6616

Kitchen Office
603.895.6616 x2318

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

Lunch price \$3.80
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

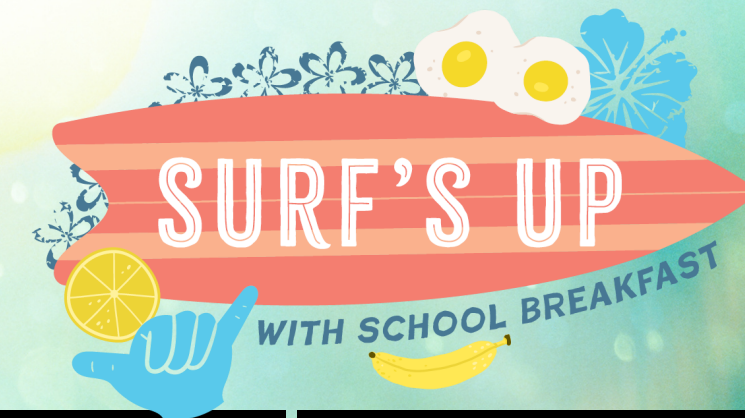
WEDNESDAY

THURSDAY

FRIDAY



National School Breakfast Week is March 4th - 8th



1
WINTER BREAK
NO SCHOOL

4
Chicken Burger
on a Bun
Sweet Potato Fries
Chickpea Salad
Celery Sticks
Choice of Fruit
Choice of Milk

5
General Tso's Chicken
Fried Rice
Asian Slaw
Pepper Strips
Choice of Fruit
Choice of Milk

6
Pancakes
Sausage
Hashbrowns
Cucumbers
Choice of Fruit
Choice of Milk

7
Macaroni & Cheese
Breadstick
California veggies
Carrot Sticks
Choice of Fruit
Choice of Milk

8
Stuffed Crust Pizza
Garden Salad
Grape Tomatoes
Choice of Fruit
Choice of Milk

11
Grilled Cheese
Sandwich
Tomato Soup
Bean Salad
Broccoli
Choice of Fruit
Choice of Milk

12
STAFF IN-SERVICE
NO SCHOOL

13
Chicken Pot Pie
Biscuit
Carrots & Peas
Mashed Potato
Choice of Fruit
Choice of Milk

14
Bosco Sticks
Tortellini Salad
Roasted Carrots
Celery Sticks
Choice of Fruit
Choice of Milk

15
French Bread Pizza
Caesar Salad
Grape Tomatoes
Hummus & Celery
Choice of Fruit
Choice of Milk

18
Quesadilla
Sour Cream & Salsa
Peppers
Choice of Fruit
Choice of Milk

19
Turkey and Gravy
Mashed Potato
Biscuit
Mixed Veggies
Choice of Fruit
Choice of Milk

20
Cheeseburger on a Bun
Lettuce/Tomato
French Fries
BBQ Beans
Choice of Fruit
Choice of Milk

21
Cheesy Baked Pasta
Dinner Roll
Cucumber Sticks
Broccoli
Choice of Fruit
Choice of Milk

22
Homemade Pizza
Caesar Salad
Grape Tomatoes
Choice of Fruit
Choice of Milk

25
Pulled Pork on a Bun
Seasoned Wedges
Coleslaw
Choice of Fruit
Choice of Milk

26
Beef Nachos
Lettuce/Tomato/Onion
Cheese/Salsa
Pepper Strips
Choice of Fruit
Choice of Milk

27
Breakfast
Waffles
Sausage
Hashbrown
Baked Beans
Choice of Fruit
Choice of Milk

28
Stroganoff
Over Egg Noodles
Garlic Bread
Seasoned Carrots
Italian Veggie
Choice of Fruit
Choice of Milk

29
Sal's Pizza
Caesar Salad
Carrots
Frozen Treat
Choice of Fruit
Choice of Milk

MARCH

2024 BREAKFAST

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Breakfast price \$2.00
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

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