

# MAY 2024 LUNCH

Iber Holmes Gove Middle School  
1 Stephen Batchelder Pkwy  
Raymond, NH 03077  
603-895-3394

Kitchen Office  
603.895.3394 x4109

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

**Lunch price \$3.55**  
**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.

A variety of Subs, Sandwiches and Salads are available daily.

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**



			1 Mac & Cheese Bread Stick Broccoli Tomatoes Choice of Fruit Choice of Milk	2 French Toast Sticks Sausage Hashbrown Cucumbers Choice of Fruit Choice of Milk	3 Dominos Pizza Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk
6 BBQ Pork on a Bun Tater Tots Coleslaw Choice of Fruit Choice of Milk	7 Chicken and Waffles w/ Syrup Cucumbers Celery Choice of Fruit Choice of Milk	8 Chicken Alfredo Pasta Breadstick Broccoli Carrots Choice of Fruit Choice of Milk	9 Hot Dog on a Bun Baked Beans Tomatoes Choice of Fruit Choice of Milk	10 French Bread Pizza Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk	
13 Chicken Nuggets Dinner Roll Carrot Sticks Cucumber Choice of Fruit Choice of Milk	14 Turkey Tacos Lettuce/Tomato Cheese/Salsa Refried Beans Choice of Fruit Choice of Milk	15 Grilled Cheese Sandwich Tomato Soup Broccoli Choice of Fruit Choice of Milk	16 Cheeseburger on a Bun Lettuce/Tomato/Pickle French Fries Choice of Fruit Choice of Milk	17 Domino's Pizza Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk	
20 Egg and Cheese Sandwich Veggie Beans Celery Sticks Choice of Fruit Choice of Milk	21 Teriyaki Chicken Breadstick Fried Rice Asian Blend Veggies Choice of Fruit Choice of Milk	22 American Chop Suey Garlic Bread Green Beans Cucumbers Choice of Fruit Choice of Milk	23 Chicken Casaer Salad Wrap Fries Carrots Choice of Fruit Choice of Milk	24 Cheese or Pepperoni Pizza Slice Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk	
27 <b>MEMORIAL DAY NO SCHOOL</b>	28 Chicken Fajitas Cheese/Salsa Peppers & Onions Choice of Fruit Choice of Milk	29 Mac & Cheese Bread Stick Broccoli Tomatoes Choice of Fruit Choice of Milk	30 <b>Brunch for Lunch</b> Waffles Sausage Patty Hashbrown Cucumbers Choice of Fruit Choice of Milk	31 Dominos Pizza Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk	

# MAY

## 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  
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