

APRIL 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 Soft Pretzel w/ Chili Tater Tots Celery Sticks Choice of Fruit Choice of Milk	2 Chicken and Waffles w/ Syrup Cucumbers Chickpea Salad Choice of Fruit Choice of Milk	3 Chicken Alfredo Pasta Breadstick Broccoli Carrots Choice of Fruit Choice of Milk	4 Grilled Cheese Sandwich Tomato Soup Broccoli Choice of Fruit Choice of Milk	5 Dominos Pizza Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk
8 Chicken Nuggets Dinner Roll Carrot & Peas Cucumber Choice of Fruit Choice of Milk	9 Turkey Tacos Lettuce/Tomato Cheese/Salsa Refried Beans Choice of Fruit Choice of Milk	10 Hot Dog on a Bun Tomatoes Celery Choice of Fruit Choice of Milk	11 Cheeseburger on a Bun Lettuce/Tomato/Pickle French Fries Choice of Fruit Choice of Milk	12 Stuffed Crust Pizza Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk
15 Hot Ham & Cheese on a Croissant Veggie Beans Celery Sticks Choice of Fruit Choice of Milk	16 Teriyaki Chicken with Breadstick Fried Rice Asian Blend Veggies Choice of Fruit Choice of Milk	17 Shepherds Pie (Mashed Potato) Garlic Bread Green Beans Cucumbers Choice of Fruit Choice of Milk	18 Super Duper Dipper Day Over Fries Carrots Choice of Fruit Choice of Milk	19 Dominos Pizza Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk
22 SPRING BREAK NO SCHOOL	23 SPRING BREAK NO SCHOOL	24 SPRING BREAK NO SCHOOL	25 SPRING BREAK NO SCHOOL	26 SPRING BREAK NO SCHOOL
29 Chicken Patty on a Bun Lettuce & Tomato Roasted Chickpeas Choice of Fruit Choice of Milk	30 Chicken Fajitas Cheese/Salsa Peppers & Onions Choice of Fruit Choice of Milk			



APRIL

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

**MY
SCHOOL
BUCKS**

Download our
Mobile App
today

The Simple Way to Pay
FOR SCHOOL MEALS