

MARCH 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

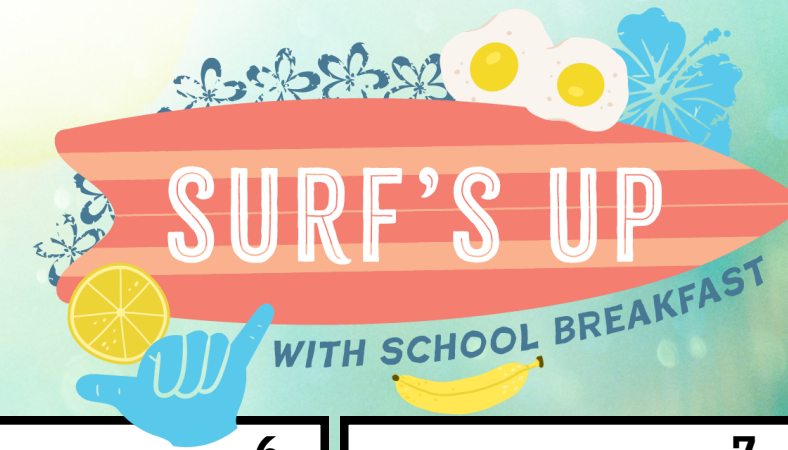
WEDNESDAY

THURSDAY

FRIDAY



National School
Breakfast Week is
March 4th - 8th



1
WINTER BREAK
NO SCHOOL

<p>4 Hot Dog on a Bun Baked Beans Tomatoes Choice of Fruit Choice of Milk</p>	<p>5 Roasted Pork with Gravy & Stuffing Mashed Potatoes Green Beans Choice of Fruit Choice of Milk</p>	<p>6 Chicken Alfredo Pasta Breadstick Broccoli Carrots Choice of Fruit Choice of Milk</p>	<p>7 Chicken and Waffles w/ Syrup Cucumbers Celery Choice of Fruit Choice of Milk</p>	<p>8 French Bread Pizza Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk</p>
<p>11 Chicken Nuggets Dinner Roll Carrot Sticks Cucumber Choice of Fruit Choice of Milk</p>	<p>12 STAFF IN-SERVICE NO SCHOOL</p>	<p>13 Chicken and Gravy with Roll Mashed Potatoes Carrots Choice of Fruit Choice of Milk</p>	<p>14 Cheeseburger on a Bun Lettuce/Tomato/Pickle French Fries Choice of Fruit Choice of Milk</p>	<p>15 Stuffed Crust Pizza Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk</p>
<p>18 Sausage, Egg & Cheese Sandwich Veggie Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>19 Turkey Nachos Lettuce/Tomato Cheese/Salsa Black Beans Choice of Fruit Choice of Milk</p>	<p>20 American Chop Suey Garlic Bread Green Beans Cucumbers Choice of Fruit Choice of Milk</p>	<p>21 Grilled Cheese Sandwich Tomato Soup Broccoli Choice of Fruit Choice of Milk</p>	<p>22 Cheese or Pepperoni Pizza Slice Garden Salad Chef's Choice Veg Choice of Fruit Choice of Milk</p>
<p>25 Chicken Patty on a Bun Lettuce & Tomato Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>26 Chicken Fajitas Cheese/Salsa Peppers & Onions Choice of Fruit Choice of Milk</p>	<p>27 Mac & Cheese Bread Stick Broccoli Tomatoes Choice of Fruit Choice of Milk</p>	<p>28 Waffles Sausage Patty Hashbrown Cucumbers Choice of Fruit Choice of Milk</p>	<p>29 Bosco Sticks Marinara Sauce Caesar Salad Chef's Choice Veg Choice of Fruit Choice of Milk</p>

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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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