



# BREAKFAST

# OCTOBER 2020

Breakfast meal for Students is currently free!

Lamprey River Elementary/ Iber Holmes Gove Middle  
School Menu subject to occasional change

Mrs. Judy DiNatale, Nutrition Services Director  
895-6616, x2345 email [jdinatale@sau33.com](mailto:jdinatale@sau33.com)  
Mrs. Linda Burke, LRES Cafeteria Manager  
895-3117 x385, email [lburke@sau33.com](mailto:lburke@sau33.com)  
Mrs. Linda StPierre, IHGMS Cafeteria Manager  
895-3394 x4109, email [lstpierre@sau33.com](mailto:lstpierre@sau33.com)

Monday

Tuesday

Wednesday

Thursday

Friday

Track A days are in Green,  
Track B days are in Blue.

Please see our Remote menu for Preorder options!

PREORDER Meals must be ordered by 9:00 am Friday the week before  
(by 9:00 AM Thursday, October 1st for the week of 10/5-10/9.)

Coco Puffs Cereal 5  
String Cheese  
Fresh Fruit/ 4 oz. Juice  
Milk

Coco Puffs Cereal 6  
String Cheese  
Fresh Fruit/ 4 oz. Juice  
Milk

Cinnamon Crumb Cake 7  
Fresh Fruit / 4oz Juice  
Milk

Banana Bread 1  
Fresh Fruit / 4oz Juice  
Milk

**Teacher  
In-service Day  
No Classes**

REMOTE DAY 9  
Grab and Go Meals for  
next week must be  
PREORDERED ONLINE  
By 9:00 AM Friday.  
Pick up is next Mon or Tues.

**Columbus Day  
Holiday  
No Classes**

Cinnamon Toast Crunch 12  
Cereal  
String Cheese  
Mixed Dried Fruit / 4 oz. Juice  
Milk

Cinnamon Toast Crunch 13  
Cereal  
String Cheese  
Mixed Dried Fruit/ 4 oz. Juice  
Milk

Mini Pancakes 14  
Fresh Fruit/ 4 oz. Juice  
Milk

Mini Pancakes 15  
Fresh Fruit/ 4 oz. Juice  
Milk

Nutri-Grain Cereal Bar 16  
4oz Yogurt  
Raisins / 4oz Juice  
Milk

Nutri-Grain Cereal Bar 17  
4oz Yogurt  
Raisins / 4oz Juice  
Milk

Chocolate Chip Muffin 18  
Fresh Fruit / 4oz Juice  
Milk

Chocolate Chip Muffin 19  
Fresh Fruit / 4oz Juice  
Milk

REMOTE DAY 20  
Grab and Go Meals for  
next week must be  
PREORDERED ONLINE  
By 9:00 AM Friday.  
Pick up is next Mon or Tues.

Lucky Charms Cereal 21  
String Cheese  
Fresh Fruit/ 4 oz. Juice  
Milk

Lucky Charms Cereal 22  
String Cheese  
Fresh Fruit/ 4 oz. Juice  
Milk

Coco Puff Cereal Bar 23  
Fresh Fruit / 4oz Juice  
Milk

Blueberry Muffin 24  
Fresh Fruit / 4oz Juice  
Milk

Blueberry Muffin 25  
Fresh Fruit / 4oz Juice  
Milk

\*Breakfast is being served as a "Grab & Go" complete bag meal this fall. All bags will contain Lo-fat White Milk.

\*LRES students will preorder breakfast in their classrooms, and it will be delivered by Nutrition Service Staff.

\*IHGMS students will be able to pick up their breakfast from our mobile serving station in the downstairs hallway by the display case. **ANY PAYMENTS ON ACCOUNT SHOULD ALSO BE DROPPED OFF IN THE LOCKING MAILBOX NEXT TO THIS STATION as we will be unable to process payments in the lunch lines.**

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com