

Oyster River Middle School

June

2018



A vast array of herbs can be grown in New Hampshire—they can add punch and depth to any dish! Our materials focus on three popular herbs: basil, mint, and oregano.

<p>Daily alternate entrees: Lunch salads, Deli bar & assorted Entrees: Salad bar, all fruits, vegetables and milk are included with all meals.</p>	<p>Lunch Prices: \$2.90 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>	<p>FREE SUMMER MEALS FOR ALL CHILDREN Mondays-Thursdays Starting July 9th through August 9th</p>	<p>We use lots of herbs at Oyster River Child Nutrition. We especially love locally grown herbs like those in our school gardens!</p>	<p>1 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>4 PASTA & SAUCE CHOICES GARLIC & HERB BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>5 MS. SCHMITT'S CLASS MENU BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, TOMATOES, RICE PEPPERS, LETTUCE, CHEESE, SALSA GARDEN BAR CINNAMON APPLESAUCE</p>	<p>6 MS. HALL'S CLASS MENU SCRAMBLED EGGS, BACON HASHBROWNS, CINNAMON COFFEE CAKE, GARDEN BAR FRUIT SALAD With BANANAS, MANGO, STRAWBERRIES, BLUEBERRIES AND WATERMELON</p>	<p>7 Ms. LD's CLASS MENU STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH</p>	<p>8 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>11 GRILLED HAM & CHEESE CRISPY CUCUMBERS GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p>12 GRILLED TERIYAKI CHICKEN on a BUN, HOMEMADE PASTA SALAD GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>13 SLICED TURKEY IN GRAVY HERBED WILD RICE MIX GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>14 BBQ DAY! MRS. RAY'S CLASS MENU CHOICE OF CHEESEBURGER, HAMBURGER, or HOT DOG TOMATO, LETTUCE, CARROTS & CUKES, APPLES</p>	<p>15 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>18 Make your own TURKEY & CHEESE WRAP LETTUCE, TOMATOES, PEPPERS ONIONS, PICKLES FRUIT CHOICE</p>	<p>19 GRILLED TUNA AND CHEESE SANDWICH, SNACK CRACKERS BROCCOLI & RANCH DIP CHILLED FRUIT MIX</p>	<p>20 Last Day – Early Release HAM & CHEESE SANDWICH CARROT STICKS FRESH APPLE BAG OF CHIPS</p>	<p>21 SUMMER VACATION BEGINS</p>	<p>22</p>
<p>25 SEE</p>	<p>29 YOU</p>	<p>27 AT LUNCH</p>	<p>28 THIS</p>	<p>29 SUMMER!</p>