

# Mast Way

# 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.

Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals	Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider	<b>FREE SUMMER MEALS FOR ALL CHILDREN Mondays-Thursdays Starting July 9<sup>th</sup> through August 9<sup>th</sup></b>	We use lots of herbs at Oyster River Child Nutrition. We especially love locally grown herbs like those in our school gardens!	<b>1 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</b>
<b>4</b> PASTA & SAUCE CHOICES GARLIC & <b>HERB</b> BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES	<b>5 MS. SCHMITT'S CLASS MENU</b> BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, TOMATOES, RICE PEPPERS, LETTUCE, CHEESE, SALSA GARDEN BAR CINNAMON APPLESAUCE	<b>6 MS. HALL'S CLASS MENU</b> SCRAMBLED EGGS, BACON HASHBROWNS, CINNAMON COFFEE CAKE, GARDEN BAR FRUIT SALAD With BANANAS, MANGO, STRAWBERRIES, BLUEBERRIES AND WATERMELON	<b>7 Ms. LD's CLASS MENU</b> STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH	<b>8 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</b>
<b>11</b> BBQ DAY! CHOICE OF CHEESEBURGER, HAMBURGER, or HOT DOG TOMATO, LETTUCE, CARROTS & CUKES, APPLES	<b>12</b> GRILLED TERIYAKI CHICKEN on a BUN, HOMEMADE PASTA SALAD GARDEN BAR CHOICES CHILLED PEACHES	<b>13</b> SLICED TURKEY IN GRAVY <b>HERBED</b> WILD RICE MIX GARDEN BAR CHOICES CHILLED PEACHES	<b>14</b> GRILLED HAM & CHEESE CRISPY CUCUMBERS GARDEN BAR CHOICES CINNAMON APPLESauce	<b>15 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</b>
<b>18 Make your own</b> TURKEY & CHEESE WRAP LETTUCE, TOMATOES, PEPPERS ONIONS, PICKLES FRUIT CHOICE	<b>19</b> GRILLED TUNA AND CHEESE SANDWICH, SNACK CRACKERS BROCCOLI & RANCH DIP CHILLED FRUIT MIX	<b>20 Last Day – Early Release</b> HAM & CHEESE SANDWICH CARROT STICKS FRESH APPLE BAG OF CHIPS	<b>21</b> <b>SUMMER VACATION BEGINS</b>	<b>22</b>
<b>25</b>  <b>SEE</b>	<b>29</b>  <b>YOU</b>	<b>27</b>  <b>AT LUNCH</b>	<b>28</b>  <b>THIS</b>	<b>29</b>  <b>SUMMER!</b>