

Oyster River Middle School

April

2019



Carrots are derived from a Middle Eastern crop called Queen Anne's Lace. This wild ancestor is also a taproot crop but has a white root. Today's carrots vary in color from orange to white, purple, or black. They can be eaten raw, steamed, baked, boiled, or cooked in soups and stews

<p>1 TUNA ROLL ON A BUN CREAMY COLESLAW GARDEN BAR CHOICES SUGAR COOKIE MIXED FRUIT</p>	<p>2 <u>Top Your Own</u> TURKEY ITALIAN VEGGIE STICKS W/HUMMUS GARDEN BAR CHOICES SWEET RED GRAPES</p>	<p>3 PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>4 HOMEMADE BEEF STEW w/CARROTS & POTATOES WARM BISCUIT GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>5 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>8 CHEESE RAVIOLI BOSCO CHEESE FILLED BREADSTICK STEAMED CARROTS GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>9 BBQ CHICKEN WINGS HOMEMADE CORNBREAD STEAMY BROCCOLI GARDEN BAR CHOICES CHILLED PEARS</p>	<p>10 SLOPPY JOE on a BUN CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>11 ROAST TURKEY DINNER MASHED POTATO, GRAVY STEAMY PEAS, STUFFING GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>12 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>15 FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>16 <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, TACO SHELL or TORTILLA, SPANISH RICE BLACK BEANS, GARDEN BAR CHILLED PEACHES</p>	<p>17 OPEN-FACED TURKEY SANDWICH OVEN FRIES STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>18 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES ROASTED CARROTS FRESH CANTALOUPE</p>	<p>19 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>SPRING RECESS NO SCHOOL</p>	<p>SPRING RECESS NO SCHOOL</p>	<p>SPRING RECESS NO SCHOOL</p>	<p>SPRING RECESS NO SCHOOL</p>	<p>SPRING RECESS NO SCHOOL</p>
<p>29 SPAGHETTI & MEATBALLS WARM BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>30 HOT DOG on a BUN BAKED BEANS BABY CARROTS GARDEN BAR CHOICES FRESH PEARS</p>	<p>Apply for Free or Reduced meals online at www.lunchapp.com or request an application from your child's school secretary</p>	<p>School Info: Daily alternate entrees: Deli Bar, Assorted Entrees, Burgers, Chicken Chunks, and more. Garden bar, all fruits, veggies and milk are included with all meals</p>	<p>Lunch Prices: Reduced: .40 Paid: \$3.00 Adults: \$4.50 This institution is an equal opportunity provider</p>