

November 2020

Oyster River Schools Menu

LUNCH



School Information: All children ages 18 and under eat free until further notice. Siblings and non-students qualify for free meals. Adult meals available: \$4.50



Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday

Brunch for Lunch 2
YOGURT CUP
WG FRENCH TOAST STICKS
BABY CARROTS
FRESH APPLE
MILK CHOICES

9
CHICKEN TACO SALAD
TORTILLA CHIPS
SEASONED BLACK BEANS
CINNAMON APPLESAUCE
MILK CHOICES

16
CHICKEN SALAD ROLL
BABY CARROTS
CHILLED PEACHES
MILK CHOICES

23
CHEESE RAVIOLI with
MARINARA, BREADSTICK
STEAMED BROCCOLI
FRESH BANANA
MILK CHOICES

30
MACARONI & CHEESE
CELERY & CARROTS
FRESH APPLE
MILK CHOICES

Tuesday

VOTING DAY 3
NO SCHOOL

10
SPAGHETTI & MEATBALLS
BREADSTICK
SIDE SALAD
CHILLED PEACHES
MILK CHOICES

17
AMERICAN CHOPSUEY
GARLIC BREADSTICK
SIDE SALAD
FRESH PEAR
MILK CHOICES

24
HOMEMADE HEARTY
CHICKEN SOUP
HAM & CHEESE ROLL UP
POTATO SALAD
MILK CHOICES

This is an equal opportunity institution.



Wednesday

TURKEY ITALIAN SUB 4
BAG OF CHIPS
BROCCOLI & CAULIFLOWER
DICED PEARS
MILK CHOICES

11
VETERAN'S DAY
NO SCHOOL
Meals sent home on Tuesday

18
MEATBALL SUB with
CHEESE
SIDE SALAD
MIXED FRUIT
MILK CHOICES

25
THANKSGIVING BREAK
NO SCHOOL

Create your account online at
<https://family.Titank12.com>
to view your child's balance.

Thursday

5
SHEPHERDS PIE
SIDE SALAD
CANTALOUPE CHUNKS
MILK CHOICES

12
HAM & CHEESE ITALIAN
CRUNCHY BABY CARROTS
MIXED FRUIT
MINI KRISPIE TREAT
MILK CHOICES

19
Thanksgiving Feast
ROAST TURKEY
MASHED POTATO
GRAVY, STUFFING
GREEN BEANS, APPLE
OATMEAL RAISIN COOKIE

26
THANKSGIVING BREAK
NO SCHOOL

Friday

6
WG CHEESE PIZZA
CUCUMBER SLICES
FRUIT SALAD
MILK CHOICES

13
PERSONAL PAN PIZZA
POTATO SALAD
FRESH LOCAL APPLE
MILK CHOICES

20
WG PIZZA BITES
CELERY STICKS with
HOMEMADE HUMMUS
FRUIT SALAD
MILK CHOICES

27
THANKSGIVING BREAK
NO SCHOOL

