

Oyster River High School

October

2019



Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months.

Lunch Prices: \$3.25 -Reduced: .40 Adults: \$4.50
This institution is an equal opportunity provider

Sept 30 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	1 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	2 MEATBALL SUB W/CHEESE CRISP CUCUMBER SLICES KALE CHIPS GARDEN BAR CHOICES SWEET ORANGE SMILES	3 SHEPHERD'S PIE WHOLE WHEAT ROLLS GARDEN BAR CHOICES 100% JUICE SLUSH	4 PASTA BAR GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
7 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	8 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	9 TERRIYAKI CHICKEN SEASONED RICE, MINI EGG ROLL SIIR-FRIED VEGGIES, GARDEN BAR SWEET PINEAPPLE CHUNKS FORTUNE COOKIE	10 WHOLE GRAIN PIZZA VARIETY HOMEMADE HUMMUS & VEGGIES KALE CHIPS GARDEN BAR CHOICES CHILLED PEACHES	11 TEACHER WORKSHOP DAY NO SCHOOL
14 Indigenous Peoples' Day NO SCHOOL	15 NOODLE BOWL - TOP WITH CHICKEN, or BEEF, VEGGIES, BROTH, GARDEN BAR CHOICES CHILLED MANDARIN ORANGES	16 BBQ CHICKEN WINGS SEASONED BAKED BEANS HOMEMADE CORN BREAD GARDEN BAR CHOICES CHILLED PEARS	17 HOMEMADE BEEF STEW in a BREAD BOWL KALE SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE	18 BONELESS WING BAR GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
21 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	22 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	23 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH KIWI QUARTERS	24 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES	25 MAC & CHEESE BAR BROCCOLI & CAULIFLOWER HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT SALAD
28 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	29 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE	30 GRILLED CHICKEN on a BUN HOMEMADE BROCCOLI SALAD GARDEN BAR CHOICES SWEET ORANGE SMILES	31 STEAK & CHEESE SUB GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES FRESH CANTALOUPE	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