

Oyster River Middle School

October

2019

Lunch Prices: \$3.00 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider



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.

Sept 30 GRILLED CHEESE OR HAM & CHEESE SANDWICH TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE	1 CHICKEN PARM ON PASTA ROASTED BUTTERNUT SQUASH GARDEN BAR CHOICES CHILLED KIWI QUARTERS	2 MEATBALL SUB W/CHEESE CRISP CUCUMBER SLICES KALE CHIPS GARDEN BAR CHOICES SWEET ORANGE SMILES	3 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES	4 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
7 CHICKEN & WAFFLES ROASTED RED POTATOES GARDEN BAR CHOICES APPLESAUCE	8 POTATO-CRUSTED FISH STICKS E MASHED POTATOES DINNER ROLLS GARDEN BAR CHOICES FRESH GRAPES	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 Lunch Prices: \$2.75 Reduced: .40 Adults: \$4.50
14 Indigenous Peoples' Day NO SCHOOL	15 NOODLE BOWL - TOP WITH CHICKEN, 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 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
21 Brunch for Lunch FRENCH TOAST STICKS MINI YOGURT PARFAIT GARDEN BAR CHOICES SWEET ORANGE SMILES	22 TACOS BOAT SEASONED CHICKEN, CHEESE, LETTUCE, TOMATO, ONION, SALSA SEASONED RICE, GARDEN BAR, CINNAMON APPLESAUCE	23 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH KIWI QUARTERS	24 SHEPHERD'S PIE WHOLE WHEAT ROLLS GARDEN BAR CHOICES 100% JUICE	25 WHOLE GRAIN PIZZA VARIETY BROCCOLI & CAULIFLOWER HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT SALAD
28 MAC & CHEESE GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP	29 PULLED PORK TACO HOMEMADE COLESLAW GARDEN BAR CHOICES FRESH APPLE	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