

Oyster River High School

September

2019

LUNCH MENU



Broccoli and cauliflower are both members of the Brassicaceae family, which also includes Brussels sprouts, cabbage, kale and radishes. We eat the flower buds of the plant before they bloom; the stalks are also edible, but have a tougher texture.

<p>Lunch Prices: \$3.25 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</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>Aug. 28 CHICKEN & WAFFLES MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p>	<p>Aug. 29 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH KIWI QUARTERS</p>	<p>Aug. 30 WHOLE GRAIN PIZZA VARIETY BROCCOLI & CAULIFLOWER HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</p>
<p>2 Labor Day No School</p>	<p>3 PULLED PORK TACO HOMEMADE COLESLAW GARDEN BAR CHOICES FRESH APPLE</p>	<p>4 GRILLED CHICKEN on a BUN HOMEMADE BROCCOLI SALAD GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>5 HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES</p>	<p>6 PASTA BAR w/ASSORTED SAUCES GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>9 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>10 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>11 SLOPPY JOE ON A BUN CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>12 CHICKEN PHILLY MASHED POTATO BOWL STEAMY BROCCOLI GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>13 BONELESS CHICKEN CHUNKS BAR w/ CHOICE OF SAUCES THREE BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>16 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>17 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>18 BAKED SALMON with LEMON SAUCE MASHED POTATO, ROLLS CRISP BROCCOLI & CAULIFLOWER GARDEN BAR CHOICES SLICED PEARS</p>	<p>19 SHEPHERDS PIE WHOLE WHEAT ROLL ROASTED BRUSSEL SPROUTS GARDEN BAR CHOICES FRESH CANTALOUPE</p>	<p>20 MACARONI & CHEESE BAR GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>23 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>24 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS GARDEN BAR FRUIT CHOICE</p>	<p>25 TACO HAYSTACKS w/ SEASONED CHICKEN, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p>	<p>26 HOMEMADE PULLED PORK or VEGGIE QUESADILLAS ROASTED RED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>27 CHICKEN WING BAR TOASTY BREADSTICKS BLACKBEAN SALAD GARDEN BAR CHOICES FRUIT CHOICE</p>