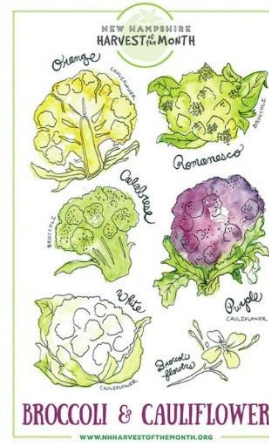


# Oyster River Middle School

# 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: \$3.00 Reduced: .40 Adults: \$4.50 <b>This institution is an equal opportunity provider</b></p>	<p><b>School Info:</b> 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><b>Aug. 28</b> CHICKEN &amp; WAFFLES MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p>	<p><b>Aug. 29</b> CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN GARDEN BAR CHOICES FRESH KIWI QUARTERS</p>	<p><b>Aug. 30</b> WHOLE GRAIN PIZZA VARIETY <b>BROCCOLI</b> &amp; CAULIFLOWER HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</p>
<p><b>2</b> <b>Labor Day</b> <b>No School</b></p>	<p><b>3</b> PULLED PORK TACO HOMEMADE COLESLAW GARDEN BAR CHOICES FRESH APPLE</p>	<p><b>4</b> GRILLED CHICKEN on a BUN <b>HOMEMADE BROCCOLI SALAD</b> GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>5</b> HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES</p>	<p><b>6</b> WHOLE GRAIN PIZZA BITES w/MARINARA DIPPING SAUCE BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>9</b> PASTA &amp; MARINARA CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE &amp; BLUE FRUIT CUP</p>	<p><b>10</b> BBQ CHICKEN PIECES HOMEMADE CORNBREAD GARDEN BAR CHOICES CHILLED PEARS</p>	<p><b>11</b> SLOPPY JOE ON A BUN CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p><b>12</b> CHICKEN PHILLY MASHED POTATO BOWL <b>STEAMY BROCCOLI</b> GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>13</b> WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p><b>16</b> <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p><b>17</b> <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SOFT OR HARD SHELL GARDEN BAR, SPANISH RICE BLACK BEANS, PEACHES</p>	<p><b>18</b> BAKED SALMON with LEMON SAUCE MASHED POTATO, ROLLS <b>CRISP BROCCOLI &amp; CAULIFLOWER</b> GARDEN BAR CHOICES SLICED PEARS</p>	<p><b>19</b> SHEPHERDS PIE WHOLE WHEAT ROLL ROASTED BRUSSEL SPROUTS GARDEN BAR CHOICES FRESH CANTALOUPE</p>	<p><b>20</b> WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>23</b> SPAGHETTI &amp; MEATBALLS BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>24</b> HOT DOG on a WHOLE WHEAT BUN, SEASONED BAKED BEANS GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p><b>25</b> TACO HAYSTACKS w/ SEASONED CHICKEN, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA &amp; TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p>	<p><b>26</b> HOMEMADE PULLED PORK or VEGGIE QUESADILLAS ROASTED RED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p><b>27</b> WHOLE GRAIN CHEESE STUFFED BREAD STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>