

# Oyster River High School December

2017



**Squashes** are a member of the Cucurbitaceae family, also known as the gourd family, along with cucumbers, summer squash (pattypan, zucchini), and watermelon. Originally, squashes were cultivated for the consumption of their seeds only, as they had minimal, bitter-tasting flesh; over time, fleshier, fruitier varieties were developed. <http://www.nhharvestofthemonth.org/butternut-squash-soup.html>

<p><b>APPLY FOR FREE OR REDUCED MEALS AT <a href="http://WWW.LUNCHAPP.COM">WWW.LUNCHAPP.COM</a></b></p>	<p><b>Make payments by check at your child's school or online at <a href="http://www.sendmoneytoschool.com">www.sendmoneytoschool.com</a></b></p>	<p><b>Please, remember to check your child's account balance online regularly.</b></p>	<p>Did you know all ORCSD schools serve breakfast? Recent research shows that students who eat SCHOOL BREAKFAST retain what they learn more easily due to the late morning effect. Breakfast is available from the time your children arrive until 9:00.</p>	<p><b>1 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</b></p>
<p><b>4 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>5 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>6 MEATBALL SLIDERS CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</b></p>	<p><b>7 BAKED POTATO BAR HOMEMADE CHILI, ROLLS BROCCOLI &amp; CHEESE GARDEN BAR CHOICES FRESH BANANA</b></p>	<p><b>8 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</b></p>
<p><b>11 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>12 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>13 TERIYAKI CHICKEN &amp; RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</b></p>	<p><b>14 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN BUTTERNUT SQUASH SOUP GARDEN BAR CHOICES FRESH GRAPES</b></p>	<p><b>15 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</b></p>
<p><b>18 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>19 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</b></p>	<p><b>20 PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</b></p>	<p><b>21 HOLIDAY FEAST ROAST TURKEY, WARM BISCUIT MASHED POTOTES &amp; GRAVY ROASTED SQUASH, WARM ROLLS GARDEN BAR CHOICES CHILLED PEACHES, COOKIE</b></p>	<p><b>22 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</b></p>
<p><b>25 Holiday Recess No School</b></p>	<p><b>26 Holiday Recess No School</b></p>	<p><b>27 Holiday Recess No School</b></p>	<p>Daily alternate entrees: Lunch salads, Deli bar &amp; assorted Entrees: Salad bar, all fruits, vegetables and milk are included with all meals.</p>	<p>Lunch Prices: \$3.15 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>