

Oyster River Middle 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>APPLY FOR FREE OR REDUCED MEALS AT WWW.LUNCHAPP.COM</p>	<p>Make payments by check at your child's school or online at www.sendmoneytoschool.com</p>	<p>Please, remember to check your child's account balance online regularly.</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>1 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>4 <u>Meatless Monday</u> GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p>5 CHICKEN PARM on PASTA ROASTED HARVEST BAKE GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>6 MEATBALL SLIDERS CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>7 BAKED POTATO BAR HOMEMADE CHILI, ROLLS BROCCOLI & CHEESE GARDEN BAR CHOICES FRESH BANANA</p>	<p>8 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>11 <u>Meatless Monday</u> WAFFLES & SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p>	<p>12 TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p>	<p>13 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</p>	<p>14 CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN BUTTERNUT SQUASH SOUP GARDEN BAR CHOICES FRESH GRAPES</p>	<p>15 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT CHOICE</p>
<p>18 CRUNCHY REDFISH FISH TACO CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT</p>	<p>19 PINEAPPLE CHICKEN STIR FRIED RICE GARDEN BAR CHOICES FORTUNE COOKIE MANDARIN ORANGES</p>	<p>20 PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>21 HOLIDAY FEAST ROAST TURKEY, WARM BISCUIT MASHED POTOTES & GRAVY ROASTED SQUASH, WARM ROLLS GARDEN BAR CHOICES CHILLED PEACHES, COOKIE</p>	<p>22 WHOLE GRAIN PIZZA STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>25 Holiday Recess No School</p>	<p>26 Holiday Recess No School</p>	<p>27 Holiday Recess No School</p>	<p>Daily alternate entrees: Lunch salads, Deli bar & assorted Entrees: Salad bar, all fruits, vegetables and milk are included with all meals.</p>	<p>Lunch Prices: \$2.90 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>