Oyster River High School

February

2019

Cabbage is a member of the Brassicaceae family, which also includes broccoli, Brussels sprouts, cauliflower, and kale. Its ability to tolerate cold temperatures led to the spread of its cultivation across Europe. This vegetable ranges in color from yellow-green to red-purple, and also comes in wrinkly-leaved varieties.

Apply for Free or Reduced meals online at www.lunchapp.com or request an application from your child's school secretary	**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**	Lunch Prices: Reduced: .40 Paid: $3.25 Adults: $4.50 **This institution is an equal opportunity provider**		**1** **NOODLE BAR, CHICKEN, BEEF, BROTH, ASIAN VEGGIES, HERBS GARDEN BAR CHOICES, FRUIT CHOICE**
4 **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	**5** **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	**6** **TERIYAKI CHICKEN, SEASONED RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS**	**7** **Ms. Drew's Class Menu** **CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN ROASTED BRUSSEL SPROUTS GARDEN BAR CHOICES FRESH WATERMELON**	**8** **CHICKEN WING BAR TOASTY BREADSTICKS BLACKBEAN SALAD GARDEN BAR CHOICES FRUIT CHOICE**
11 **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	**12** **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	**13** **PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE**	**14** **HOMEMADE BEEF STEW WARM BISCUIT GARDEN BAR CHOICES SEASONED CORN CHILLED PEACHES**	**15** **MAC'N CHEESE BAR W/ASSORTED FILLINGS, TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE**
18 **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	**19** **BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE**	20 **SLOPPY JOE on a BUN CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS**	21 **CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES**	22 **PASTA BAR WITH CHOICE OF SAUCES GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD**