Oyster River Middle 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: $3.00 Adults: $4.50 **This institution is an equal opportunity provider**		**1** **WHOLE GRAIN PIZZA VARIETY** **GARBANZO BEAN SALAD** **GARDEN BAR CHOICES** **FRUIT SALAD**
4 **Brunch for Lunch** **HAM, EGG & CHEESE CROISSANT** **MINI POTATO PANCAKES** **GARDEN BAR CHOICES** **MIXED FRUIT**	**5** **TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD** **CINNAMON APPLESAUCE**	**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** **WHOLE GRAIN PIZZA VARIETY** **CRUNCHY VEGGIE STICKS W/HOMEMADE HUMMUS** **GARDEN BAR CHOICES** **FRUIT CHOICE**
11 **CRUNCHY REDFISH FISH TACO** **CREAMY COLESLAW** **GARDEN BAR CHOICES** **MIXED FRUIT**	**12** **Top Your Own** **HAM & CHEESE SUB** **CARROT STICKS** **GARDEN BAR CHOICES** **MANDARIN ORANGES**	**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** **WHOLE GRAIN PIZZA STICKS w/MARINARA** **BAKED BEANS** **GARDEN BAR CHOICES** **FRUIT SALAD**
18 **Mrs. Gerard's Class Menu** **PASTA with HOMEMADE SAUSAGE PEPPERS & ONIONS, KALE CHIPS** **GARDEN BAR CHOICES** **BLUEBERRY, STRAWBERRY & MANGO FRUIT SALAD**	19 **CHICKEN WINGS** **HOMEMADE CORNBREAD** **GARDEN BAR CHOICES** **CHILLED PEARS**	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 **WHOLE GRAIN PIZZA VARIETY** **SWEET POTATO FRIES** **GARDEN BAR CHOICES** **FRESH LOCAL APPLE**

Winter Recess – No School