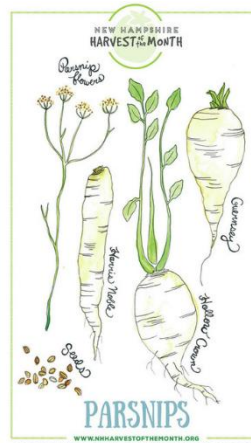


Oyster River Middle School

January

2018



Parsnips are a member of the carrot family, which comes as no surprise when you look at the resemblance in size and shape. Our northern climate in New Hampshire is great for producing parsnips! Here, they can grow to the size of large carrots and are enjoyed for their nutty, slightly sweet and spicy flavor.

<p>1 New Years Day No School</p>	<p>2 CHEESE RAVIOLI BOSCO CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>3 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>4 SLOPPY JOE SLIDERS CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>5 WHOLE GRAIN PIZZA VARIETY CARROT & PARSNIP FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>8 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>9 <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SOFT OR HARD SHELL GARDEN BAR, SPANISH RICE BLACK BEANS, PEACHES</p>	<p>10 BAKED SALMON with LEMON SAUCE, MASHED POTATO ROASTED CARROTS & PARSNIPS GARDEN BAR CHOICES SLICED PEARS</p>	<p>11 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>12 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>15 Martin Luther King Day No School</p>	<p>16 SPAGHETTI & MEATBALLS CHEESE STUFFED BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>17 HOMEMADE PULLED PORK or VEGGIE QUESADILLAS VEG STICKS W/PARSNIP HUMMUS GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>18 ROASTED ROSEMARY CHICKEN WHEAT ROLL , STEAMY PEAS MASHED POTATOES GARDEN BAR CHOICES FRUIT COCKTAIL</p>	<p>19 WHOLE GRAIN CHEESE STUFFED STICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>22 Teacher Workshop No School</p>	<p>23 <u>Meatless Monday</u> GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p>24 MEATBALL SUB CRISP CUCUMBER SLICES HOMEMADE PARSNIP CHIPS GARDEN BAR CHOICES FRESH BANANA</p>	<p>25 BAKED POTATO HOMEMADE CHILI, ROLLS BROCCOLI & CHEESE GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>26 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>29 <u>Meatless Monday</u> WAFFLES & SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p>	<p>30 TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA & TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p>	<p>31 TERIYAKI CHICKEN SEASONED RICE, EGG ROLL STIR-FRIED VEGGIES GARDEN BAR CHOICES SWEET PINEAPPLE CHUNKS</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>