

Moharimet

June

2018



A vast array of herbs can be grown in New Hampshire—they can add punch and depth to any dish! Our materials focus on three popular herbs: basil, mint, and oregano.

Daily alternate entrees: Chef Salad, Turkey or Ham & Cheese, Yogurt Plate. Garden bar, all fruits, vegs and milk are included with all meals	Lunch Prices: \$2.65 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider	FREE SUMMER MEALS FOR ALL CHILDREN Mondays-Thursdays Starting July 9 th through August 9 th	We use lots of herbs at Oyster River Child Nutrition. We especially love locally grown herbs like those in our school gardens!	1 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD
4 PASTA & SAUCE CHOICES GARLIC & HERB BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES	5 <u>MS. SCHMITT'S CLASS MENU</u> BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, TOMATOES, RICE PEPPERS, LETTUCE, CHEESE, SALSA GARDEN BAR CINNAMON APPLESAUCE	6 <u>MS. HALL'S CLASS MENU</u> SCRAMBLED EGGS, BACON HASHBROWNS, CINNAMON COFFEE CAKE, GARDEN BAR FRUIT SALAD With BANANAS, MANGO, STRAWBERRIES, BLUEBERRIES AND WATERMELON	7 <u>Ms. LD's CLASS MENU</u> STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH	8 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD
11 GRILLED HAM & CHEESE CRISPY CUCUMBERS GARDEN BAR CHOICES CINNAMON APPLESAUCE	12 GRILLED TERIYAKI CHICKEN on a BUN, HOMEMADE PASTA SALAD GARDEN BAR CHOICES CHILLED PEACHES	13 ROAST TURKEY IN GRAVY HERBED WILD RICE MIX GARDEN BAR CHOICES CHILLED PEACHES	14 <u>Make your own</u> TURKEY & CHEESE WRAP LETTUCE, TOMATOES, PEPPERS ONIONS, PICKLES FRUIT CHOICE	15 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD
18 BBQ DAY! <u>MRS. RAY'S CLASS MENU</u> CHOICE OF CHEESEBURGER, HAMBURGER, or HOT DOG TOMATO, LETTUCE CARROTS & CUKES, APPLES	19 GRILLED TUNA AND CHEESE SANDWICH, SNACK CRACKERS BROCCOLI & RANCH DIP CHILLED FRUIT MIX	20 <u>Last Day – Early Release</u> HAM & CHEESE SANDWICH CARROT STICKS FRESH APPLE BAG OF CHIPS	21 SUMMER VACATION BEGINS	22
25 SEE	29 YOU	27 AT LUNCH	28 THIS	29 SUMMER!