

# Oyster River Middle School

## May

2018



There are a wide variety of salad greens available in Vermont, spanning across several plant families, each bearing a unique history and taste. The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

<p>Daily alternate entrees: Lunch salads, Deli bar &amp; assorted Entrees: Salad bar, all fruits, vegetables and milk are included with all meals.</p>	<p><b>1</b> <b>CHICKEN PARM on PASTA</b> <b>ROASTED HARVEST BAKE</b> <b>GARDEN BAR CHOICES</b> <b>CHILLED PEACHES</b></p>	<p><b>2</b> <b>MEATBALL SUB</b> <b>CRISP CUCUMBER SLICES</b> <b>GARDEN BAR CHOICES</b> <b>SWEET ORANGE SMILES</b></p>	<p><b>3</b> <b>ROAST TURKEY, WARM BISCUIT</b> <b>MASHED POTOTES &amp; GRAVY</b> <b>ROASTED SQUASH, WARM ROLLS</b> <b>GARDEN BAR CHOICES</b> <b>CHILLED PEACHES, COOKIE</b></p>	<p><b>4</b> <b>WHOLE GRAIN PIZZA VARIETY</b> <b>GARBANZO BEAN SALAD</b> <b>GARDEN BAR CHOICES</b> <b>FRUIT SALAD</b></p>
<p><b>7</b> <u>Meatless Monday</u> <b>WAFFLES &amp; SYRUP</b> <b>MINI POTATO PANCAKES</b> <b>GARDEN BAR CHOICES</b> <b>MIXED FRUIT</b></p>	<p><b>8</b> <b>TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA &amp; TORTILLA CHIPS, SALAD</b> <b>CINNAMON APPLESAUCE</b></p>	<p><b>9</b> <b>TERIYAKI CHICKEN SEASONED RICE</b> <b>STIR-FRIED VEGGIES</b> <b>GARDEN BAR CHOICES</b> <b>VEGGIE EGG ROLL</b> <b>SWEET PINEAPPLE CHUNKS</b></p>	<p><b>10</b> <b>CHEESEBURGER, HAMBURGER or VEGGIE BURGER on A BUN</b> <b>GARDEN BAR CHOICES</b> <b>FRESH GRAPES</b></p>	<p><b>11</b> <b>WHOLE GRAIN PIZZA VARIETY</b> <b>CRUNCHY VEGGIE STICKS with HOMEMADE HUMMUS</b> <b>GARDEN BAR CHOICES</b> <b>FRUIT CHOICE</b></p>
<p><b>14</b> <b>PASTA ALFREDO W/HAM</b> <b>STEAMY PEAS</b> <b>GARDEN BAR CHOICES</b> <b>MIXED FRUIT</b></p>	<p><b>15</b> <b>PINEAPPLE CHICKEN</b> <b>STIR FRIED RICE</b> <b>GARDEN BAR CHOICES</b> <b>FORTUNE COOKIE</b> <b>MANDARIN ORANGES</b></p>	<p><b>16</b> <b>PULLED PORK SLIDERS</b> <b>HOMEMADE COLESLAW</b> <b>BROCCOLI RAISIN SALAD</b> <b>GARDEN BAR CHOICES</b> <b>FRESH LOCAL APPLE</b></p>	<p><b>17</b> <b>PASTA W/CHOICE OF SAUCE</b> <b>WHOLE WHEAT BREADSTICK</b> <b>GARDEN BAR CHOICES</b> <b>SEASONED CORN</b> <b>CHILLED PEACHES</b></p>	<p><b>18</b> <b>WHOLE GRAIN PIZZA STICKS w/MARINARA</b> <b>BAKED BEANS</b> <b>GARDEN BAR CHOICES</b> <b>FRUIT SALAD</b></p>
<p><b>21</b> <u>Meatless Monday</u> <b>CHEESE RAVIOLI</b> <b>BOSCO CHEESE FILLED BREADSTICK</b> <b>GARDEN BAR CHOICES</b> <b>RED, WHITE &amp; BLUE FRUIT CUP</b></p>	<p><b>22</b> <b>CHICKEN STEW</b> <b>HOMEMADE CORNBREAD</b> <b>GARDEN BAR CHOICES</b> <b>CHILLED PEARS</b></p>	<p><b>23</b> <b>SLOPPY JOE on a BUN</b> <b>CREAMY COLE SLAW</b> <b>GARDEN BAR CHOICES</b> <b>PINEAPPLE CHUNKS</b></p>	<p><b>24</b> <b>OPEN-FACED</b> <b>HOT TURKEY SANDWICH</b> <b>MASHED POTATO &amp; GRAVY</b> <b>STEAMY PEAS</b> <b>GARDEN BAR CHOICES</b> <b>SWEET ORANGE SMILES</b></p>	<p><b>25</b> <b>WHOLE GRAIN PIZZA VARIETY</b> <b>SWEET POTATO FRIES</b> <b>GARDEN BAR CHOICES</b> <b>FRESH LOCAL APPLE</b></p>
<p><b>28</b> <b>Memorial Day</b> <b>No School</b></p>	<p><b>29</b> <u>BRUNCH FOR LUNCH</u> <b>FRENCH TOAST STICKS</b> <b>MINI YOGURT PARFAIT</b> <b>ROASTED RED POTATOES</b> <b>GARDEN BAR CHOICES</b> <b>STRAWBERRIES</b></p>	<p><b>30</b> <u>Top Your Own Taco</u> <b>SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SOFT OR HARD SHELL</b> <b>GARDEN BAR, SPANISH RICE</b> <b>BLACK BEANS, PEACHES</b></p>	<p><b>31</b> <b>SHEPHERDS PIE</b> <b>WHOLE WHEAT ROLL</b> <b>GARDEN BAR CHOICES</b> <b>FRESH CANTALOUPE</b></p>	<p>Lunch Prices: \$2.90 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>