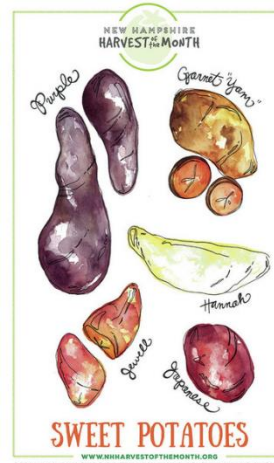


OYSTER RIVER HIGH SCHOOL

November

2018



Native to Central America, the sweet potato is not related to potatoes but instead is in the same family as morning glory. Sweet potatoes are very popular in the southern United States, and have been grown in that region since the 16th century. Although often mistaken for the yam, sweet potatoes are more flavorful and less starchy than yams.

<p>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</p>	<p>Lunch Prices: Reduced: .40 Paid: \$3.25 Adults: \$4.50 This institution is an equal opportunity provider</p>	<p>Apply for Free or Reduced meals online at www.lunchapp.com or request an application from your child's school secretary</p>	<p>1 CHICKEN PARM on PASTA ROASTED SWEET POTATOES GARDEN BAR CHOICES FRESH KIWI</p>	<p>2 WHOLE GRAIN CHEESE STUFFED MINI BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>5 BOBCAT WING BAR ROASTED RED POTATOES CELERY & CARROT STICKS GARDEN BAR CHOICES FRUIT CHOICES</p>	<p>6 NO SCHOOL VOTING DAY</p>	<p>7 MEATBALL SUB with CHEESE CRISP CUCUMBER SLICES GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>8 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES GARDEN BAR CHOICES MINI VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</p>	<p>9 WHOLE GRAIN PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>12 NO SCHOOL VETERANS' DAY</p>	<p>13 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>14 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>15 <u>Ms. Schmitt's Class Menu</u> ROAST TURKEY, MASHED POTATO & GRAVY, CRANBERRY SAUCE, BRUSSEL SPROUTS, ROLL GARDEN BAR CHOICES FRUIT SLUSH, SUGAR COOKIE</p>	<p>16 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>19 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>20 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>21 NO SCHOOL</p>	<p>22 NO SCHOOL</p>	<p>23 NO SCHOOL</p>
<p>Thanksgiving Recess</p>				
<p>26 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>27 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>28 STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES SLICED PEARS</p>	<p>29 PULLED PORK on a BUN ROASTED ROOT VEGGIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>30 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>