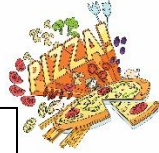


Oyster River High School

October



2017



School Lunch – Recipes for Success



Kale is a member of the Brassicaceae family, also known as the cabbage family, along with broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi. It originated in the Mediterranean region and was brought to the United States from England in the 17th century. Kale is a very hardy plant; it can withstand frosts and snowfall, making it an excellent staple food in the winter months. <http://www.nhharvestofthemoth.org/kale-parmesan-salad.html>

<p>2 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>3 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>4 SLOPPY JOE SLIDERS CREAMY COLE SLAW CRISPY KALE CHIPS GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>5 CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>6 Teacher Workshop No school WORLD SMILE DAY!</p>
<p>9 Columbus Day No School</p>	<p>10 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>11 GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p>12 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>13 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES KALE PARMESAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>16 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>17 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>18 HOMEMADE PULLED PORK or VEGGIE QUESADILLAS CRISPY KALE CHIPS GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>19 ROASTED ROSEMARY CHICKEN WHEAT ROLL MASHED POTATOES STEAMY PEAS GARDEN BAR CHOICES FRUIT COCKTAIL</p>	<p>20 WHOLE GRAIN PIZZA STICKS w/MARINARA DIPPING SAUCE BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>23 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>24 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>25 MEATBALL SLIDERS BABY KALE CAESAR SALAD WITH GARLIC CROUTONS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>26 BAKED POTATO BAR HOMEMADE CHILI, FRESH ROLLS BROCCOLI & CHEESE GARDEN BAR CHOICES FRESH BANANA</p>	<p>27 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>30 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>31 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>National School Lunch Week is October 9th to 13th</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: \$3.15 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>