

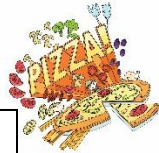
# Oyster River Middle School

## 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><b>2</b> <u>Meatless Monday</u> CHEESE RAVIOLI CHEESE FILLED BREADSTICK GARDEN BAR CHOICES RED, WHITE &amp; BLUE FRUIT CUP</p>	<p><b>3</b> BLUEBERRY CHICKEN HOMEMADE CORNBREAD GARDEN BAR CHOICES CHILLED PEARS</p>	<p><b>4</b> SLOPPY JOE SLIDERS CREAMY COLE SLAW <b>CRISPY KALE CHIPS</b> GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p><b>5</b> CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>6</b> <b>Teacher Workshop</b> <b>No school</b> <b>WORLD SMILE DAY!</b></p>
<p><b>9</b> <b>Columbus Day</b> <b>No School</b></p>	<p><b>10</b> <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT MASHED POTATO SMILES GARDEN BAR CHOICES SWEET STRAWBERRIES</p>	<p><b>11</b> <u>Top Your Own Taco</u> SEASONED CHICKEN, LETTUCE, CHEESE, TOMATO, SPANISH RICE SOFT or HARD TACO SHELL GARDEN BAR, BLACK BEANS, CHILLED PEACHES</p>	<p><b>12</b> SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p><b>13</b> WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES <b>KALE PARMESAN SALAD</b> GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>16</b> SPAGHETTI &amp; MEATBALLS BREADSTICK <b>CRISPY KALE CHIPS</b> GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>17</b> HOT DOG on a WHOLE WHEAT BUN SEASONED BAKED BEANS GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p><b>18</b> HOMEMADE PULLED PORK or VEGGIE QUESADILLAS GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p><b>19</b> ROASTED ROSEMARY CHICKEN WHEAT ROLL MASHED POTATOES STEAMY PEAS GARDEN BAR CHOICES FRUIT COCKTAIL</p>	<p><b>20</b> WHOLE GRAIN PIZZA STICKS w/MARINARA DIPPING SAUCE BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>23</b> <u>Meatless Monday</u> GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p><b>24</b> CHICKEN PARM on PASTA ROASTED HARVEST BAKE GARDEN BAR CHOICES CHILLED PEACHES</p>	<p><b>25</b> MEATBALL SLIDERS <b>BABY KALE</b> CAESAR SALAD WITH GARLIC CROUTONS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>26</b> BAKED POTATO BAR HOMEMADE CHILI, FRESH ROLLS BROCCOLI &amp; CHEESE GARDEN BAR CHOICES FRESH BANANA</p>	<p><b>27</b> WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>30</b> <u>Meatless Monday</u> WAFFLES &amp; SYRUP MINI POTATO PANCAKES GARDEN BAR CHOICES MIXED FRUIT</p>	<p><b>31</b> TACO HAYSTACKS W/ SEASONED BEEF, TOMATOES, PEPPERS, LETTUCE, CHEESE, SALSA &amp; TORTILLA CHIPS, SALAD CINNAMON APPLESAUCE</p>	<p>National School Lunch Week is October 9<sup>th</sup> to 13<sup>th</sup></p>  		<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>Lunch Prices: \$2.90 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>