

Oyster River High School

October

2018



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.

<p>1 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>2 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>3 PAPRIKA & MAPLE SALMON MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>4 WHOLE GRAIN PIZZA VARIETY SWEET POTATO FRIES GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>5 TEACHER WORKSHOP DAY NO SCHOOL</p>
<p>8 Indigenous Peoples' Day NO SCHOOL</p>	<p>9 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>10 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>11 MAC & CHEESE BAR w/BEEF, CHICKEN OR VEGGIES GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>12 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA GARDEN BAR CHOICES FRUIT SALAD</p>
<p>15 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>16 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>17 STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH</p>	<p>18 PULLED PORK on a BUN BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>19 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>22 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>23 BEEF TACOS W/CHOICE OF SOFT TORTILLA OR TACO SHELL SEASONED BEEF, CHEESE, SALSA SEASONED RICE, GARDEN BAR CINNAMON APPLESAUCE</p>	<p>24 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>25 PASTA BAR – CHOICE OF 2 PASTA TYPES, CHOICE OF MEAT SAUCE, MARINARA or ALFREDO GARDEN BAR CHOICES GARLIC BREADSTICK, PEARS</p>	<p>26 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>29 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>30 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>31 CHEESEBURGER, HAMBURGER, or VEGGIE BURGER TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE PUMPKIN COOKIE</p>	<p>Lunch Prices: \$3.25 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>	<p>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>