

Oyster River High School September

2018



Broccoli and cauliflower are both members of the Brassicaceae family, which also includes Brussels sprouts, cabbage, kale and radishes. We eat the flower buds of the plant before they bloom; the stalks are also edible, but have a tougher texture.

<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>	<p>29 <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p>30 HOT DOG on WH WHEAT BUN BAKED BEANS LOCAL CORN ON THE COB GARDEN BAR CHOICES FRESH WATERMELON CHUNKS</p>	<p>31 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>3 Labor Day</p>	<p>4 PASTA BAR w/ASST. SAUCES GARLIC BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>5 STEAK & CHEESE on a WHOLE WHEAT SUB ROLL GRILLED PEPPERS & ONIONS GARDEN BAR CHOICES JUICE RUSH SLUSH</p>	<p>6 PULLED PORK on a BUN BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>7 WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>10 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>11 <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>12 MAC & CHEESE BAR TOP WITH CHICKEN, BEEF or PLAIN GARLIC BREADSTICK GARDEN BAR CHOICES RED, WHITE & BLUE FRUIT CUP</p>	<p>13 OPEN-FACED HOT TURKEY SANDWICH with GRAVY FLUFFY MASHED POTATOES GARDEN BAR CHOICES CHILLED PEACHES</p>	<p>14 WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>17 <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>18 <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>19 CHEESEBURGER, HAMBURGER, or VEGGIE BURGER TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>20 CHICKEN PARM on PASTA ROASTED CAULIFLOWER GARDEN BAR CHOICES FRESH KIWI</p>	<p>21 WHOLE GRAIN CHEESE STUFFED BREADSTICKS w/MARINARA BAKED BEANS GARDEN BAR CHOICES FRUIT SALAD</p>
<p>24 <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>25 <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>26 TERIYAKI CHICKEN & RICE STIR-FRIED VEGGIES GARDEN BAR VEGGIE EGG ROLL SWEET PINEAPPLE CHUNKS</p>	<p>27 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>28 PIZZA VARIETY CRUNCHY VEGGIE STICKS With HOMEMADE HUMMUS GARDEN BAR CHOICES FRUIT SALAD</p>