

# Oyster River High School

# January

2018



**Parsnips** are a member of the carrot family, which comes as no surprise when you look at the resemblance in size and shape. Our northern climate in New Hampshire is great for producing parsnips! Here, they can grow to the size of large carrots and are enjoyed for their nutty, slightly sweet and spicy flavor.

<p><b>1</b> New Years Day No School</p>	<p><b>2</b> <u>BRUNCH FOR LUNCH</u> FRENCH TOAST STICKS MINI YOGURT PARFAIT ROASTED RED POTATOES GARDEN BAR CHOICES STRAWBERRIES</p>	<p><b>3</b> CHICKEN PHILLY MASHED POTATO BOWL STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>4</b> SLOPPY JOE SLIDERS CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p><b>5</b> WHOLE GRAIN PIZZA VARIETY <b>CARROT &amp; PARSNIP FRIES</b> GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p><b>8</b> <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p><b>9</b> <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p><b>10</b> BAKED SALMON with LEMON SAUCE, MASHED POTATO ROASTED CARROTS &amp; <b>PARSNIPS</b> GARDEN BAR CHOICES SLICED PEARS</p>	<p><b>11</b> SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p><b>12</b> WHOLE GRAIN PIZZA VARIETY CRISP CUCUMBER SLICES GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>15</b> Martin Luther King Day No School</p>	<p><b>16</b> EXAMS DELI BAR &amp; ASSORTED ENTRÉE CHOICES SALAD BAR CHOICES FRESH FRUIT CHOICE</p>	<p><b>17</b> EXAMS DELI BAR &amp; ASSORTED ENTRÉE CHOICES SALAD BAR CHOICES FRESH FRUIT CHOICE</p>	<p><b>18</b> EXAMS DELI BAR &amp; ASSORTED ENTRÉE CHOICES SALAD BAR CHOICES FRESH FRUIT CHOICE</p>	<p><b>19</b> EXAMS DELI BAR &amp; ASSORTED ENTRÉE CHOICES SALAD BAR CHOICES FRESH FRUIT CHOICE</p>
<p><b>22</b> Teacher Workshop No School</p>	<p><b>23</b> <u>Meatless Monday</u> GRILLED CHEESE TOMATO SOUP GARDEN BAR CHOICES CINNAMON APPLESAUCE</p>	<p><b>24</b> MEATBALL SUB CRISP CUCUMBER SLICES <b>HOMEMADE PARSNIP CHIPS</b> GARDEN BAR CHOICES FRESH BANANA</p>	<p><b>25</b> BAKED POTATO HOMEMADE CHILI, ROLLS BROCCOLI &amp; CHEESE GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p><b>26</b> WHOLE GRAIN PIZZA VARIETY GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p><b>29</b> <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p><b>30</b> <u>BOBCAT TACO BAR</u> MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p><b>31</b> TERIYAKI CHICKEN SEASONED RICE, EGG ROLL STIR-FRIED VEGGIES GARDEN BAR CHOICES SWEET PINEAPPLE CHUNKS</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: \$3.15 Reduced: .40 Adults: \$4.50 This institution is an equal opportunity provider</p>