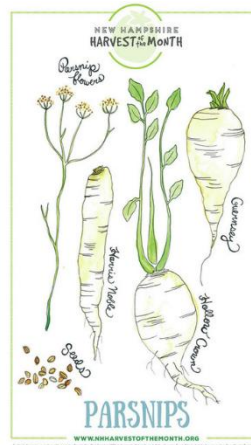


Oyster River High School

January

2019



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>School Info: 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>1 New Years Day No School</p>	<p>2 PULLED PORK on a BUN HOMEMADE PASTA SALAD BROCCOLI RAISIN SALAD GARDEN BAR CHOICES FRESH LOCAL APPLE</p>	<p>3 CRUNCHY REDFISH FISH TACO CREAMY COLESLAW GARDEN BAR CHOICES MIXED FRUIT</p>	<p>4 CHICKEN WING BAR TOASTY BREADSTICKS BLACKBEAN SALAD GARDEN BAR CHOICES FRUIT CHOICE</p>
<p>7 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>8 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>9 SHEPHERDS PIE WHOLE WHEAT ROLL GARDEN BAR CHOICES FRESH CANTELOUPE</p>	<p>10 AMERICAN CHOPSUEY STEAMY PEAS GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>11 MAC'N CHEESE BAR W/ASSORTED FILLINGS, TOMATO, LETTUCE GARDEN BAR CHOICES FRESH LOCAL APPLE</p>
<p>14 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>15 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>16 BAKED SALMON with LEMON SAUCE, MASHED POTATO STEAMY BROCCOLI GARDEN BAR CHOICES SLICED PEARS</p>	<p>17 SLOPPY JOE SLIDERS CREAMY COLE SLAW GARDEN BAR CHOICES PINEAPPLE CHUNKS</p>	<p>18 PASTA BAR WITH CHOICE OF SAUCES GARBANZO BEAN SALAD GARDEN BAR CHOICES FRUIT SALAD</p>
<p>21 Martin Luther King Day NO SCHOOL</p>	<p>22 BOBCAT TACO BAR MADE TO ORDER TACOS BURRITOS, RICE BOWLS, TACO SALADS, GARDEN BAR FRUIT CHOICE</p>	<p>23 <u>Ms. Swift's Class Menu</u> BEEF BURRITO W/SEASONED BEEF and CHEESE GARDEN BAR CHOICES JUICE SLUSH</p>	<p>24 SPAGHETTI & MEATBALLS BREADSTICK GARDEN BAR CHOICES SWEET ORANGE SMILES</p>	<p>25 ASIAN NOODLE BAR with CHOICE OF CHICKEN, BEEF, BROTH AND ASST. FRESH VEGGIES GARDEN BAR CHOICES FRUIT SALAD</p>
<p>28 Teacher Workshop Day NO SCHOOL</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 BAKED POTATO BAR HOMEMADE CHILI, ROLLS BROCCOLI & CHEESE SOUR CREAM GARDEN BAR CHOICES FRESH BANANA</p>	<p>Lunch Prices: Reduced: .40 Paid: \$3.25 Adults: \$4.50 This institution is an equal opportunity provider</p>