

# SEPTEMBER 2022

# Oyster River Middle & High School

## LUNCH



### School Information:

Lunch Prices: Paid: \$3.00, Free for those who qualify for free or reduced prices.  
Daily Entrée choices: Yogurt Plate, Chef Salad, Ham & cheese roll ups



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Wednesday, August 31

Chicken & Waffles  
Garden Bar Choices  
Applesauce Cup  
Milk Choices



Pulled Pork on a Bun **1**  
Creamy Homemade Coleslaw  
Garden Bar Choices  
Sweet Orange Smiles  
Milk choices

**2**  
**No School**

### Labor Day No School

**5**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Meatball Sub w/Cheese **6**  
Garden Bar Choices  
Fresh Local Apple  
Milk Choices

Asian Boneless Chicken **7**  
Wings, Fried Rice  
½ Egg Roll, Fortune Cookie  
Pineapple Tidbits  
Milk Choices

Ham & Cheese Sub **8**  
Garden Bar Choices  
Frozen Juice Slush  
Milk Choices

Tot'cho Bar **9**  
Toasted Garbanzo Beans  
Garden Bar Choices  
Chilled Peaches  
Milk Choices

Taco Bar – choose your own taco, burrito, taco salad or burrito bowl **12**  
Garden Bar Choices  
Fresh Pear, Milk Choices

Teacher Workshop Day **13**  
**No School**

Chicken & Gravy **14**  
Mashed Potatoes  
Peas & Carrots, Warm Biscuit  
Garden Bar, Fresh Local Apple  
Milk Choices

Beef Hot Dog on a Bun **15**  
Baked Beans  
Garden Bar Choices  
Applesauce Cup  
Milk Choices

Mac N Cheese Bar **16**  
Garden Bar Choices  
Sweet Orange Smiles  
Milk Choices

Taco Bar – choose your own taco, burrito, taco salad or burrito bowl  
Garden Bar Choices  
Fresh Apple, Milk Choices

Taco Bar – choose your own taco, burrito, taco salad or burrito bowl **20**  
Mixed Fruit  
Milk Choices

**Brunch for Lunch**  
French Toast Sticks  
Sausage Links, Garden Bar  
Red, White & Blue Fruit Cup  
Milk Choices

Sloppy Joe on a WG Bun **22**  
Homemade Coleslaw  
Garden Bar Choices  
Chilled Peaches  
Milk Choices

Wing Bar **23**  
Homemade Hummus w/Celery Sticks  
Garden Bar Choices, Fruit Salad  
Milk Choices

Taco Bar – choose your own taco, burrito, taco salad or burrito bowl  
Garden Bar Choices  
Fortune Cookie  
Pineapple Chunks, Milk Choices

Taco Bar **27**  
choose your own taco, burrito, taco salad or burrito bowl  
Mixed Fruit  
Milk Choices

Chicken Sliders  
Oven Fries  
Garden Bar Choices  
Chilled Pears  
Milk Choices

Chef Tim's Beef Stew **29**  
Warm WG Dinner Roll  
Garden Bar Choices  
Apple Crisp  
Milk Choices

Pasta Bar **30**  
Potato Salad  
Garden Bar Choices  
Chilled Peaches  
Milk Choices