

JUNE 2023

Oyster River High School



School Information: Lunch Prices: Paid: \$3.50, Free for those who qualify for free or reduced prices. Daily Entrée choices: Burgers, pizza, chicken, deli bar & more



Nutrition Tip: Yogurt can be eaten in lots of fun ways. It can be made into a dip for fruits or veggies, used as a base for sauces or substituted for sour cream to top off your taco or baked potato. Try using yogurt in a smoothie to celebrate National Smoothie Day on June 22.



MONDAY

Our Annual School BBQ's

will be held on the following dates: Mast Way: June 12th (MW Rain date June 13th)
Moharimet: June 15th

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

CHICKEN & WAFFLES
GARDEN BAR CHOICES
SWEET ORANGE SMILES
MILK CHOICES

5

BBQ Lunch Day
CHOICE OF BURGER or HOT DOG
VEGGIE STICKS, PASTA SALAD
WATERMELON SLICES
MILK CHOICES

6

FISH STICKS & FRIES
FRESH BAKED ROLLS
MIXED FRUIT
GARDEN BAR
MILK CHOICES

7

Taco Thursday
BUILD YOUR OWN
TACO, BURRITO, TACO SALAD or
BOWL, GARDEN BAR, FRUIT
CHOICES, MILK CHOICES

8

PIZZA VARIETY
CUCUMBER SLICES
GARDEN BAR CHOICES
FRUIT SALAD
MILK CHOICES

9

FINAL EXAMS
ASSORTED ENTREES
SALADS
FRUIT CHOICES
MILK CHOICES

12

FINAL EXAMS
ASSORTED ENTREES
SALADS
FRUIT CHOICES
MILK CHOICES

13

FINAL EXAMS
ASSORTED ENTREES
SALADS
FRUIT CHOICES
MILK CHOICES

14

FINAL EXAMS
ASSORTED ENTREES
SALADS
FRUIT CHOICES
MILK CHOICES

15

FINAL EXAMS
ASSORTED ENTREES
SALADS
FRUIT CHOICES
MILK CHOICES

16

HAVE A SAFE

19

AND FUN

20

SUMMER VACATION!!!

21

SEE YOU IN THE FALL!

22



23

ATTENTION PARENTS:
BE SURE TO CHECK
YOUR CHILD'S ACCOUNT AND
CATCH UP ON ANY NEGATIVE
BALANCES.

26



27

THANK YOU FOR
SUPPORTING THE
OYSTER RIVER CHILD
NUTRITION PROGRAM!

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Oyster River Families,
It has been a pleasure, as well as
an honor and a privilege to serve
your children for the past eleven
years. Doris Demers, DTR, SNS