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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Our Annual School BBQ's

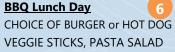
will be held on the following dates: Mast Way: June 12th (MW Rain date June 13th) Moharimet: June 15th



TIM'S FAMOUS BEEF STEW FRESH BAKED ROLLS **GARDEN BAR CHOICES SWEET ORANGE SMILES** MILK CHOICES

PIZZA BITES MARINARA DIPPING SAUCE GARBANZO BEAN POPPERS GARDEN BAR CHOICES FRUIT SALAD, MILK CHOICES

CHICKEN & WAFFLES GARDEN BAR CHOICES SWEET ORANGE SMILES MILK CHOICES



WATERMELON SLICES MILK CHOICES

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

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

PIZZA VARIETY CUCUMBER SLICES **GARDEN BAR CHOICES** FRUIT SALAD **MILK CHOICES**

FINAL EXAMS

ASSORTED ENTREES **SALADS FRUIT CHOICES MILK CHOICES**

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ASSORTED ENTREES **SALADS** FRUIT CHOICES **MILK CHOICES**

HAVE A SAFE



AND FUN

SUMMER VACATION!!!

SEE YOU IN THE FALL!





ATTENTION PARENTS:

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



THANK YOU FOR SUPPORTING THE **OYSTER RIVER CHILD NUTRITION PROGRAM!**



Oyster River Families,

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