

# JUNE 2023

## Oyster River Middle School



**School Information:** Lunch Prices: Paid: \$3.25, 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 13<sup>th</sup>) Moharimet: June 15th

### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

CHICKEN & WAFFLES **5**  
GARDEN BAR CHOICES  
SWEET ORANGE SMILES  
MILK CHOICES

**BBQ Lunch Day** **6**  
CHOICE OF BURGER or HOT DOG  
VEGGIE STICKS, PASTA SALAD  
WATERMELON SLICES  
MILK CHOICES

FISH STICKS & FRIES **7**  
FRESH BAKED ROLLS  
MIXED FRUIT  
GARDEN BAR  
MILK CHOICES

**Taco Thursday** **8**  
BUILD YOUR OWN  
TACO, BURRITO, TACO SALAD or  
BOWL, GARDEN BAR, FRUIT  
CHOICES, MILK CHOICES

PIZZA VARIETY **9**  
CUCUMBER SLICES  
GARDEN BAR CHOICES  
FRUIT SALAD  
MILK CHOICES

PULLED PORK in a **12**  
CORN BREAD BOWL  
BAKED BEANS  
GARDEN BAR CHOICES  
APPLESAUCE CUP, MILK CHOICES

**Taco Tuesday** **13**  
BUILD YOUR OWN TACO,  
BURRITO, TACO SALAD OR BOWL,  
GARDEN BAR, FRUIT CHOICES,  
MILK CHOICES

**Flag Day – Top Your Own** **14**  
TURKEY ITALIAN SUB  
GARDEN BAR CHOICES  
RED, WHITE & BLUE FRUIT CUP  
MILK CHOICES

**Brunch for Lunch** **15**  
PANCAKES W/SYRUP  
SAUSAGE LINKS, HASH BROWN  
PATTY, JUICE CUP  
MILK CHOICES

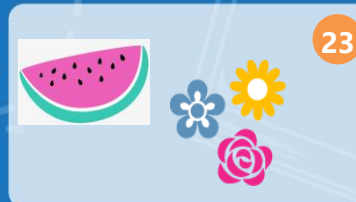
**Last Day / Early Release** **16**  
HAM & CHEESE or SUNBUTTER  
FRESH APPLE  
BABY CARROTS  
BAG of CHIPS, MILK CHOICES

HAVE A SAFE **19**

AND FUN **20**

SUMMER VACATION!!! **21**

SEE YOU IN THE FALL! **22**



ATTENTION PARENTS: **26**  
BE SURE TO CHECK  
YOUR CHILD'S ACCOUNT AND  
CATCH UP ON ANY NEGATIVE  
BALANCES.



THANK YOU FOR **28**  
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  
years. Doris Demers, DTR, SNS