

A variety of Fresh Fruit is always available!

Monday

1
Tuesday

2
Wednesday
Welcome Back BBQ
3

 Oven Roasted BBQ Chicken
 Golden Corn Nibbles
 Oven Baked Beans
 Warm Wheat Roll
 Ms. Rita's Very Berry Crisp

Thursday
National Spaghetti Day
4

 Steamy Spaghetti topped with Meaty
 Marinara or Buttery Sauce
 Lemon Pepper Broccoli Crowns
 Warm Garlic Bread Stick

Friday
Gill's Famous Pan Pizza of NH
5

 Crunchy Baby Carrots
 & Low Fat Dip

Gourmet Bacon Burger
8

 Or Black Bean Burger
 All Beef Patty, Bacon & Land O Lakes
 Cheese all in a Soft Pretzel Roll
 Roasted Onions & Peppers
 Lettuce, Tomato, Pickle Cup
 Golden Onion Rings
 Steamed Broccoli Crowns

Tuscan Chicken Parmesan
9

 Over Penne Pasta & Marinara Sauce
 Seasoned Green Beans
 Warm Garlic Bread Stick

!Street Food!
Pulled Pork Nachos
10

 Seasoned Pulled Pork & Zesty BBQ
 Sauce over Warm Nacho Chips Topped
 with Shredded Cheese & Green Onion
 Parslied Carrot Coins

National Milk Day
11

 Toasted Cheese Sandwich
 Creamy Tomato Soup
 Crunchy Celery Sticks & Low Fat Dip
 Gold Fish Crackers


Ice Cold Milk

Early Release Day
12
Hot Digity Dog!

 Smiley Fries
 Oven Baked Beans


Martin Luther King, Jr.

15
Chicken Quesadilla
16

 Grilled Chicken Strips, Shredded Cheese
 Or Cheese Quesadilla
 with Roasted Onions & Peppers,
 Garden Salsa & Sour Cream
 Zesty Refried Beans or Black Beans
 Baby Carrots & Low Fat Dip

Comfort Food
17

 Classic American Chop Suey
 Sweet Green Peas
 Warm Garlic Bread Stick

Turkey Dinner & Fixin's
18

 Slow Roasted Turkey
 Whipped Potatoes & Steamy Gravy
 Herbed Bread Stuffing
 Parslied Carrot Coins
 Warm Wheat Roll

Gill's Famous Pan Pizza of NH
19

Crisp Caesar Salad

Tyson All White Meat
Chicken Nuggets
22

 Whipped Potatoes & Steamy Gravy
 Parslied Carrot Coins
 Warm Wheat Roll

Hot Digity Dog!
29

 Smiley Fries
 Oven Baked Beans

Totally Turkey Tuesday
23

 Home Made Turkey Noodle Soup
 Turkey Salad Wrap
 Lettuce, Tomato, Pickle Cup
 Crunchy Baby Carrots & Low Fat Dip
 Sweet Potato Fries

Mac-Nachos
24

 Seasoned Ground Beef,
 Shredded Lettuce, Garden Salsa &
 Shredded Cheese over
 Warm Nacho Chips
 Sweet Corn Nibbles

Tyson All White Meat
Chicken Fingers
25

 Vegetable Fried Rice
 Steamed Broccoli Crowns
 Fortune Cookie
 Pineapple Cup

Brunch For Lunch
26

 Golden French Toast Sticks
 Syrup Cup
 Jones Lite Sausage
 Golden Tater Tots
 Oven Baked Beans
 Strawberry Cup

National Croissant Day
30

 Trayless Tuesday
 Sliced Turkey or Chicken Salad
 Lettuce & Tomato on a Soft Croissant
 Crunchy Baby Carrots & Low Fat Dip
 Cape Cod Chips

Italian Dinner
31

 Mini Cheese Ravioli Topped
 with Meaty Marinara & Parmesan Cheese
 Italian Green Beans
 Warm Garlic Bread Stick

Burbank Daily Offers:
 Cheeseburger
 Chicken Patty
 Cheese Pizza

Rowlandson Daily Offers:
 3 Fun Lunch Combos
 Assorted Salads & Wraps

Director: Tom Houle
 thoule@nrsd.net

 Please inform your servers of any Food Allergies
 Menu Subject to change

The U.S. Department of Agriculture Prohibits Discrimination


PAY FOR MEALS ONLINE
 MySchoolBucks.com
