

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 Digiity 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 Digiity 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
