

Fresh Fruits and Vegetables offered Daily! Try our Garden Bar!

**Monday**
**1**  
Old Fashion  
Bacon Cheeseburger

 All Beef Patty topped with American  
 Cheese & Crisp Bacon  
 Lettuce, Tomato Pickle  
 Golden Oven Fries  
 Crisp Carrot Sticks & Low Fat Dip

**Tuesday**
**2**  
Buffalo Chicken or  
BBQ Chicken  
Mac & Cheese

 Sweet Green Peas  
 Warm Wheat Roll  
 Mixed Fruit

**Wednesday**
**3**  
Late Start Brunch

 Fluffy Pancakes & Syrup  
 Cheesy-Scrambled Eggs  
 Golden Hash Brown  
 Oven Baked Beans

**Thursday**
**4**  
Five Layer Dip

 Seasoned Beans, Zesty Taco Meat,  
 Shredded Cheese & Garden Salsa  
 Topped with Sour Cream  
 Warm Nacho Chips  
 Steamed Broccoli Crowns

**Friday**
**5**  
Chicken Parm Panini

 Parmesan Broccoli Crowns  
 Sweet Potato Fries

**8**


Columbus Day

**9**  
TEX MEX  
Chicken Fajita

 Seasoned Chicken  
 Roasted Onions & Peppers  
 Garden Salsa & Sour Cream  
 In a warm Flour Tortilla  
 Parslied Carrot Coins

**10**  
Pasta Bar

 Your Choice of Pasta  
 Topped with Alfredo, Marinara  
 or Cheese Sauce  
 Seasoned Green Beans  
 Warm Garlic Bread Stick

**11**  
Tyson All White Meat  
Chicken Nuggets

 Whipped Potatoes & Steamy Gravy  
 Roasted Broccoli Crowns  
 Texas Toast

**12**
Soup & Sandwich  
 Toasted Cheese Sandwich  
 Steamy Tomato Soup  
 Crunchy Cucumbers

**15**
Ms. Kari's  
Classic Pasta & Meaty Marinara

 Lemon -Pepper Broccoli  
 Warm Dinner Roll

**16**  
Korean BBQ Chicken Bowl

 Steamed Brown Rice &  
 Gingered Carrot  
 Topped with Fresh Green Onion & Cilantro  
 Berries & Cream

**17**  
Chicken Cordon Bleu

 Penne Pasta & Marinara  
 Garlic Roasted Garbanzo Beans

**18**  
"Fish in Chips"

 Locally Sourced White Fish  
 Coated in Cape Cod Potato Chips  
 Crunchy Carrot Sticks  
 Golden Oven Fries

**19**
Early Release Day  
**No Lunch Today.**  
 Please join us at the **Snack Shack for Breakfast!**
**22**
Golden Chicken Tenders  
 Seasoned Rice Pilaf  
 Parslied Carrot Coins

**23**  
Burrito Bowl

 Chicken or Beef with  
 Cilantro Lime Rice  
 Seasoned Black Beans  
 Garden Salsa & Sour Cream  
 In a Large Flour Tortilla  
 Sweet Corn Nibbles  
 Georgia Peach Cup

**24**  
Baked Potato Bar

 Oven Baked Potato Topped with  
 Your choice of Chile, Cheese, Steamed  
 Broccoli,  
 Bacon Bits & Sour Cream  
 Texas Toast

**25**  
Taste of the Orient

 Orange Chicken  
 Steamed Rice  
 Gingered Carrot Coins  
 All served in a takeout pale  
 With Fortune Cookie & Chop Sticks

**26**

 No School  
 Parent-Teacher Conferences

**29**
Old Fashion  
Bacon Cheeseburger

 All Beef Patty topped with American  
 Cheese & Crisp Bacon  
 Lettuce, Tomato Pickle  
 Golden Oven Fries  
 Crisp Carrot Sticks & Low Fat Dip

**30**  
Chicken Broccoli Alfredo

 Over Penne Pasta  
 Parslied Carrot Coins  
 Warm Wheat Roll

**31**  
Halloween  
Old Fashioned Barbecue

 BBQ Chicken  
 Sweet Corn  
 Classic Pasta Salad  
 Oven Baked Beans  
 Halloween Treat

 On the slide  
 Cheeseburger  
 Chicken Patty  
 Assorted Pizza

 : Grab & Go  
 Assorted Salads & Wraps & Parfaits  
 Made to order Deli Sandwiches & Salads

 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

