

Fresh Fruit & Vegetables always Available

Monday
Burger Madness Monday 1
 Top your own Burger with
 Cheese, Tomatoes,
 Lettuce, Pickles & Assorted Condiments
 Sweet Potato Fries
 Georgia Peach Cup

Tuesday
Cheesy Mac & Cheese Bowl 2
 With your choice of
 Buffalo Chicken or BBQ Chicken Toppers
 Steamed Broccoli Crowns

Wednesday
Wednesday Brunch 3
 Golden Pancakes & Syrup
 Cheesy Scrambled Eggs
 Hash Brown Potatoes
 Breakfast Blueberry Parfait

Thursday
Totally Nacho Thursday 4
 Seasoned Beef or Chicken
 & Cheesy Sauce over Warm Nacho Chips
 Garden Salsa
 Cilantro Lime Rice
 Zesty Black Beans

Friday
Mozzarella Madness 5
 Stringy Mozzarella Sticks
 Marinara Dipping Sauce
 Crisp Carrot Sticks & Low Fat Dip
 Warm Break Stick
 Berries & Cream

8


Columbus Day

**Rowlandson
Hot Diggity Dog 9**

 Kayem Lite Frank in a Soft Roll
Burbank
Korean BBQ Chicken Bon Mi

 Vegetarian Baked Beans
 Golden Oven Fries

Golden Chicken Nuggets 10

 Whipped Potatoes &
 Steamy Gravy
 Steamed Carrot Coins
 Warm Wheat Roll


Strawberries & Cream

Taste of the Orient 11

 Orange Chicken
 Steamed Rice
 Broccoli Crowns
 All served in a takeout pale
 With Fortune Cookie & Chop Sticks

**Big Daddy's
Cheese or Pepperoni Pizza 12**

 Crisp Caesar Salad
 Sweet Potato Tots
 Blueberry Crisp

**Auntie Angie's
Classic Spaghetti & Meatballs 15**

 Roasted Broccoli Crowns
 Warm Bread Stick

**TEX MEX
Chicken Fajita 16**

 Seasoned Chicken
 Roasted Onions & Peppers
 Garden Salsa & Sour Cream
 In a warm flour tortilla
 Sweet Corn Nibbles

Golden Chicken Tenders 17

 Seasoned Rice Pilaf
 Parslied Carrot Coins


Berries & Cream

Soup & Sandwich 18

 Toasted Cheese Sandwich
 Steamy Tomato Soup
 Vegetarian Baked Beans

**Early Release
Gil's Famous Pan Pizza of NH 19**

 Sweet Green Peas
 Georgia Peach Cup

22
Golden Chicken Nuggets
 Whipped Potatoes &
 Steamy Gravy
 Steamed Carrot Coins
 Warm Wheat Roll

Korean BBQ Chicken Bowl 23

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

Bodacious Pasta Bar 24

 Marinara Sauce or Alfredo Sauce
 over Penne Pasta
 Roasted Broccoli Crowns
 Warm Bread Stick

**Thursday Brunch
Golden French Toast Sticks 25**

 Syrup Cup
 Jones Lite Sausage Links
 Tater Tots
 Vegetarian Baked Beans
 Georgia Peach Cup

**No School
Parent-Teacher Conferences 26**

29
Burrito Bowl
 Chicken or Beef with
 Cilantro Lime Rice
 Seasoned Black Beans
 Garden Salsa & Sour Cream
 In a Large Flour Tortilla
 Steamed Broccoli Crowns
 Georgia Peach Cup

U Build It Burger Bar 30

 Top your own Burger with
 Cheese, Tomatoes,
 Lettuce, Pickles & Assorted Condiments
 Sweet Potato Fries

**Halloween
Old Fashioned Barbecue 31**

 BBQ Chicken
 Sweet Corn
 Classic Pasta Salad
 Oven Baked Beans
 Ms. Rita's Spooktacular Dessert

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

