



October

2026 - NCS

Hello Fall

Secondary Grab & Go Menu

Monday Main Line Meal Available

Tuesday Hamburger, Cheeseburger, or Bacon Cheeseburger & Seasoned Fries

Wednesday Chicken & Waffles Sandwich
House Salad Cups



Thursday Hand breaded Chicken Tenders
(Plain or Hot Honey)
Seasoned Fries

Friday Main Line Meal Available

Additional Daily Grab & Go (All Grades)

• Marinated Grilled Chicken With Menu Sides



* Baked Potato Bar (Chopped Chicken or Bacon),
Sour Cream, Shredded Cheese, Butter & Chives.

* Ham, Turkey or Sun Butter & Jelly Deli Sandwiches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
.	.	.	1 Regular or Chocolate Chip Pancakes Sausage Links, Apples Fresh Vegetable Philly Cheesesteak Sub, Fresh Vegetable, Fresh Fruit	2 Pizza Day Cheese or Pepperoni or Meat lovers Kale & Romaine Caesar Salad Fresh Fruit
5 Crispy Chicken Nuggets Grilled Nuggets Mac & Cheese YCC Dipping Sauce Roasted Cauliflower Fresh Fruit	6 Chicken Ramen Glass Noodles, Fried Egg, Cucumber Salad & Pot Sticker or All Beef Hot Dog, Roasted Potato Wedges, Fresh Fruit	7 Grilled Cheese Sandwich Turkey Melt w/ Tomato Basil soup or Fresh Vegetable Fresh Fruit	8 French Toast Sticks w/ Banans Foster dipping sauce Scrambled eggs or Green Beans Sliced Honey Ham, Fresh Fruit Or Chicken & Sausage Gumbo, Jasmine Rice, Green Beans & Cornbread	9 Pizza Day Buffalo Chicken, Cheese, or Pepperoni Garden Salad, Fresh Fruit Premium Meal \$8 Grilled Salmon & Jasmine Rice
12 No School	13 No School	14 Pasta Bar Nut Free Basil Pesto Alfredo or Marinara sauce Grilled Chicken or Italian Sausage, Garlic Bread Broccoli, Fresh Fruit	15 Brown Sugar Cinnamon Waffles Scrambled Eggs or Green Beans, Bacon, Fresh Fruit Baja Shrimp Tacos Green Beans	16 Pizza Day Hawaiian, Cheese or Pepperoni Kale & Romaine Caesar Salad Fresh Fruit
19 Hamburger or Cheeseburger Seasoned Fries Fresh Fruit	20 Chicken Fried Chicken or Chicken Fried Chicken Bites Mashed Potatoes Country gravy (ots) Maple glazed carrots Fresh Fruit	21 Cheese Ravioli Alfredo or Marinara Roasted Root Vegetables Fresh Fruit or Baked Chicken Drumsticks Cowboy Baked Beans, Fruit, & Roasted Root Vegetables	22 Mini Blueberry or Chocolate Chip Muffins Sausage Links, Breakfast Potatoes, Fresh Fruit Chicken Tinga & Cheese Empanadas w/ chimichurri sauce and roasted potatoes	23 No School
26 Cheese or Chicken Quesadillas Sweet Corn Spanish Rice Fresh Fruit	27 Chicken Nuggets Grilled or Crispy Mac & Cheese Fresh Vegetable Fresh Fruit	28 Spaghetti & Meat sauce Fresh Vegetable Garlic Bread Fresh Fruit	29 Pancakes Fruity Pebble or Regular Scrambled Eggs or Vegetable Bacon, Fresh Fruit Or BBQ Pork Sliders	30 Pizza Day Cheese or Pepperoni Pizza Kale & Romaine Caesar Salad Fresh Fruit Or Lasagna

✓ **PreK - 5th Grade Includes:**
Fruit & Vegetable

● **OTHER DAILY OPTIONS**
Gluten Sensitive Meals

✓ **6th -12th Grade Includes:**
Fruit or Vegetable

☀ **NOTES**
Happy Fall ☺