



NATIONAL
PRESBYTERIAN
SCHOOL

OCTOBER

EVERYDAY OPTIONS

Fresh Deli Bar

Metro Deli Sliced Meats Available Daily
Low sodium • Gluten free • Sugar free •
Dairy free

Served on fresh-baked Gold Crust Breads
White • Honey Wheat • Multigrain •
Sourdough • Bagels

Additional Everyday Items:

Tuna Salad • Chicken Salad • Egg Salad
Fresh Crisp Fruits & Veggies •
Sunflower butter • Jelly & Jam

Market Salad Bar

New Everyday Items:

Tomato, Cucumber, Carrots, Bell Peppers
Grilled Chicken, Tofu, Red Onion, Feta,
Crouton, Dried Cranberries

Daily Chef's Choice

Specialty Salads to Include:

Roasted Butternut Squash Salad
Sweet & Savory Kale Salad
Autumn Fruit Salad
Fall Pasta Salad

LOCALLY SOURCED

FRUITS & VEGGIES

Baywater Farms, MD
C&E Farms, VA
Kirby Farms, VA
Miller Farms, MD
Lehigh Valley Dairy Farms, PA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			 10/1 Cavatappi Pasta Bolognese Sauce MWG Marinara Sauce ** MWG Green Beans MWG Garlic Knot	 10/2 Walking Tacos Seasoned Beef Seasoned Meatless Beef ** MWG Doritos MWG Mexican Street Corn MWG Toppings Cheese, Sour Cream, Salsa Cinnamon Sugar Churros
 10/5 Cheese Ravioli ** Marinara Sauce ** MWG Creamy Pesto Sauce ** MWG Italian Green Beans MWG French Roll	 10/6 Teriyaki Chicken Meatballs MWG Teriyaki Tofu ** MWG Jasmine Rice MWG Steamed Broccoli MWG	10/7 Baked Potato Bar Bacon & Chili Con Carne Cheese Sauce Veggie Chili** Broccoli MWG Toppings Butter, Sour Cream, Salsa	 10/8 Beef Lasagna Vegetable Lasagna ** Italian Veggie Blend MWG Texas Toast Pumpkin Spice Cookie	 10/9
 10/12	 10/13 Chicken Tenders Veggie Nuggets ** White Cheddar Mac & Cheese Garlic Roasted Broccoli MWG Pink Sugar Cookie	10/14 Chili Con Carne MWG Veggie Chili ** MWG White Rice MWG Plantains MWG Cornbread	10/15 BBQ Chicken Wings MWG Broccoli Cheese Quiche ** Red Skin Mashed Potatoes Sautéed Sweet Corn MWG	10/16 Sloppy Joe Sandwich Veggie Sloppy Joe Sandwich ** Lays Potato Chips** Green Beans & Carrots MWG Snickerdoodle Cookie
10/19 Peruvian Chicken MWG Peruvian Chickpea Stew ** MWG Fluffy White Rice MWG Black Bean MWG Sauté Spinach MWG Green Sauce MWG	10/20 Turkey Tetrizzini Pasta Primavera ** Roasted Italian Vegetables MWG Garlic Knot	10/21 “Breakfast Taco” Diced Bacon MWG Diced Breakfast Sausage MWG Diced Veggie Sausage ** Scrambled Eggs MWG Hash Browns Sour Cream, Cheese, Salsa	10/22 Caesar Salad ** Grilled Chicken MWG Roasted Mushrooms ** MWG Cornbread	 10/23 Crispy Parm Chicken Sandwich Crispy Parm Meatless Chicken Sandwich Kettle Chips Chocolate Chip Cookie
10/26 Greek Chicken Souvlaki Greek Falafel Souvlaki ** Couscous Fresh Pita Triangles Feta Cheese, Tzatziki Sauce Tomato & Cucumber Salad	10/27 Pulled Beef BBQ Sandwich Pulled Portobello BBQ Sandwich ** MWG Boston Baked Beans MWG Coleslaw MWG	 10/28 Fried Chicken Spinach Quiche** Mashed Potatoes MWG Brown Gravy Yellow Sweet Corn MWG	 10/29 Butterfly Pasta Bar Alfredo Sauce ** Marinara Sauce ** MWG Fresh Veggie Medley MWG French Roll Halloween Sugar Cookies	 10/30

Vegetarian

**Vegetarian Entrée Option

MWG - Made Without Gluten

ridgewells
CATERING



NPS Snack List for October 2026

Thursday October 1st – Oatmeal Apple Bars, Craisins Strawberry

Friday October 2nd – Pop Corners, Sliced Apples

Monday October 5th – Blueberry Lemon Crispy Bites, Red Grapes

Tuesday October 6th – Strawberry GoGurt, Bananas

Wednesday October 7th – Colby Jack Stick, Apple Sauce, Raisins

Thursday October 8th – Oatmeal Chocolate Chip Bars, Baby Carrots, Ranch

Friday October 9th – Fall Break

Monday October 12th – Fall Break

Tuesday October 13th – Whole Wheat Ritz, String Cheese, Clementines

Wednesday October 14th – Mini Bagel, Cream Cheese, Red Grapes

Thursday October 15th – Oatmeal Apple Bars, Craisins Strawberry

Friday October 16th – Pop Corners, Sliced Apples

Monday October 19th – Blueberry Lemon Crispy Bites, Red Grapes

Tuesday October 20th – Strawberry GoGurt, Bananas

Wednesday October 21st – Colby Jack Stick, Apple Sauce, Raisins

Thursday October 22nd – Oatmeal Chocolate Chip Bars, Baby Carrots, Ranch

Friday October 23rd – Wheat Thin, Pepperoni, Orange Sliced in Half

Monday October 26th – Bunny Graham Friends, Green Grapes

Tuesday October 27th – Whole Wheat Ritz, String Cheese, Clementines

Wednesday October 28th – Mini Bagel, Cream Cheese, Red Grapes

Thursday October 29th – Oatmeal Apple Bars, Craisins Strawberry

Friday October 30th – Pop Corners, Sliced Apples