



NATIONAL
PRESBYTERIAN
SCHOOL



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 Caprese Salad
Fall Panzanella Salad
Sweet & Savory Kale Salad
Shredded Beet & Apple Salad

LOCALLY SOURCED

FRUITS & VEGGIES

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

MONDAY

11/2

General Tso Chicken
General Tso Tofu **
White Rice MWG
Broccoli MWG



11/9

Meatball Sub
Veggie Meatball Sub **
Marinara Sauce MWG
Mozzarella Cheese ** MWG
Italian Green Beans MWG
Kettle Potato Chips MWG

11/16

Honey Garlic Rosemary
Chicken MWG
Vegetable Frittata **
Orzo with Parmesan & Basil
Roasted Zucchini MWG

11/23



Roasted Turkey & Gravy
Spinach Quiche **
Herb Stuffing
Mashed Potatoes MWG
Sweet Corn MWG
Thanksgiving Sugar Cookie

11/30

Popcorn Chicken
Popcorn Veggie Nuggets **
MWG
Crispy Potato Wedges MWG
Green Beans MWG



TUESDAY

11/3

French Toast Sticks **
Hickory Smoked Bacon MWG
Veggie Sausage**
Scrambled Eggs MWG
Assorted Yogurt MWG



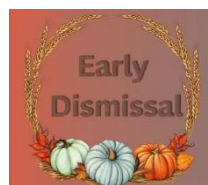
11/10

5 Cheese Ziti Al Forno **
Italian Veggie Blend MWG
Texas Toast

11/17

Baked Rigatoni & Beef
Baked Spinach Rigatoni
** MWG
Green Beans MWG
Garlic Knots MWG

11/24



WEDNESDAY

11/4

Beef Shawarma Bowl
Falafel Shawarma Bowl **
Couscous**
Pita Bread, Tzatziki Sauce,
Feta Cheese, Tomatoes,
Cucumbers

11/11

Chicken & Cheese Flauta
Cheese & Veggie Flauta **
Mexican Black Beans MWG
Cilantro Lime Rice** MWG
Cheese, Salsa, Sour Cream

11/18



Crispy Club Chicken
Sandwich
Crispy Club Meatless
Chicken Sandwich **
Potato Wedges
Garlic Aioli or Mayo MWG
Tomato, Pickles, Lettuce MWG
Broccoli Slaw MWG

11/25



THURSDAY

11/5



Chicken Fettuccine Alfredo
Fettuccine Alfredo **
Broccoli MWG
French Bread
Chocolate & Vanilla Pudding
MWG

11/12



Rotini Pasta Bar
Creamy Pesto Sauce **
Marinara Sauce ** MWG
Mixed Veggie Medley MWG
French Bread

11/19

Crispy Chicken Bites
Crispy Meatless
Nuggets **
Orange Honey Sauce MWG
Steamed White Rice** MWG
Stir Fry Vegetables MWG

11/26



FRIDAY

11/6



11/13

Pepperoni Pizza
Cheese Pizza **
Honey Roasted Carrots MWG
Oreo Chunk Cookie



11/20

Beef Burger
Black Bean Burger **
Corn on The Cob MWG
Potato Chips MWG
Rice Krispie Treats MWG

11/27



Vegetarian

**Vegetarian Entrée Option

MWG - Made Without Gluten

ridgewells
CATERING



NPS Snack List for November 2026

Monday November 2nd – Blueberry Lemon Crispy Bites, Red Grapes

Tuesday November 3rd – Strawberry Go Gurt, Bananas

Wednesday November 4th – Colby Jack Stick, Apple Sauce, Raisins

Thursday November 5th – Oatmeal Chocolate Chip Bars, Baby Carrots, Ranch

Friday November 6th – Fall Conferences

Monday November 9th – Bunny Graham Friends, Green Grapes

Tuesday November 10th – Whole Wheat Ritz, String Cheese, Clementines

Wednesday November 11th – Mini Bagel, Cream Cheese, Red Grapes

Thursday November 12th – Oatmeal Apple Bars, Craisins Strawberry

Friday November 13th – Pop Corners, Sliced Apples

Monday November 16th – Blueberry Lemon Crispy Bites, Red Grapes

Tuesday November 17th – Strawberry Go Gurt, Bananas

Wednesday November 18th – Colby Jack Stick, Apple Sauce, Raisins

Thursday November 19th – Oatmeal Chocolate Chip Bars, Baby Carrots, Ranch

Friday November 20th – Wheat Thin, Pepperoni, Orange Sliced in Half

Monday November 23rd – Bunny Graham Friends, Green Grapes

Tuesday November 24th – Whole Wheat Ritz, String Cheese, Clementines

Monday November 30th – Blueberry Lemon Crispy Bites, Red Grapes