

NCA WEEKLY MENU

Always subject to change based on food availability.

WEEKDAY:	BREAKFAST	LUNCH	DINNER	SNACK
Monday 10/08	Chocolate Chip Pancakes, Sausage, Bacon, Egg Bake, & Fresh Fruit and Yogurt!	Sloppy Joe, Crinkle Fries, Vegetable Fried Rice, & Steamed Corn.	Green Chile Baked Chicken, Spanish Rice, Beans, & Steamed Broccoli.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Tuesday 10/09	French Toast Sticks, Bacon, Sausage, Cheesy Hashbrowns, Veggie Scrambled Eggs, & Fresh Fruit and Yogurt!	Chicken Strips, Seasoned Wedges, Fried Rice, & Steamed Green Beans.	Stuffed Peppers, Mac N' Cheese, & Sauteed Napa Cabbage.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Wednesday 10/10	Biscuits and Gravy, Sausage, Bacon, Egg Bake, Breakfast Rice, & Fresh Fruit and Yogurt!	Cheeseburgers, Tater Tots, Steamed Rice, & Sauteed Cabbage and Tomato.	Chicken Stir Fry, Steamed Jasmine Rice, Chicken Egg Rolls, & Sauteed Mixed Veggie.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Thursday 10/11	Pancakes, Bacon, Sausage, Cheesy Scrambled Eggs, Hash Browns, & Fresh Fruit and Yogurt!	Croissant Sandwiches (Ham, Turkey, & Roast Beef), Chips, Chicken Fried Rice, & Sauteed Veggie.	Baked Lasagna, Garlic Bread, Pineapple Fried Rice, & Sauteed Cabbage and Green Beans.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Friday 10/12	French Toast Sticks, Bacon, Sausage, Hash Browns, Scrambled Eggs, & Fresh Fruit and Yogurt!	Beef Stroganoff, Garlic Bread, Sticky Rice, & Steamed Corn.	Deep Fried Fish, Crinkle Fries, & Chicken Fried Rice.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Saturday 10/13		BRUNCH!	DINNER; Cook's Choice	
Sunday 10/14		BRUNCH!	DINNER; Cook's Choice	

*White/Wheat Bread available for making toast, Cereal, and Instant Oatmeal.

*Lunch & Dinner will have soup and salad bar. *All sandwiches are served with Lettuce, Tomato, and Cheese.

Beverages: Apple, Orange, Cranberry, and Grape Juice. White, Strawberry, and Chocolate Milk.

Other Beverages: French Vanilla Cappuccino, Hot Chocolate, Tea, and Coffee.