

NCA WEEKLY MENU

Always subject to change based on food availability.

WEEKDAY:	BREAKFAST	LUNCH	DINNER	SNACK
Monday 11/05	Chocolate Chip Pancakes, Sausage, Bacon, Cheesy Hashbrowns, Spinach Scrambled Eggs, & Fresh Fruit and Yogurt!	Spaghetti Bolognese, Garlic Breadsticks, Steamed Mixed Vegetables.	Baked Chicken Breast, Mashed Potatoes & Gravy, Steamed Rice, & Steamed California Blend Vegetables.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Tuesday 11/06	French Toast Sticks, Bacon, Sausage, Hash Browns, Cheesy Scrambled Eggs, & Fresh Fruit and Yogurt!	Chicken Burger, Crinkle Cut French Fries, Fried Rice, Steamed Peas & Carrots.	Beef Roast, Baked Potato, Fried Vegetable Rice, & Steamed Corn.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Wednesday 11/07	Biscuits and Gravy, Sausage, Bacon, Soft Boiled Eggs, Breakfast Rice, & Fresh Fruit and Yogurt!	Open Face Sloppy Joes, Tater Tots, Seasoned Noodles, Steamed Green Beans.	Spicy Garlic Chicken, Jasmine Rice, Chicken Egg Roll, & Sauteed Daikon.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Thursday 11/8	Oatmeal Bar, Bacon, Sausage, Scrambled Eggs, Hash Browns, & Fresh Fruit and Yogurt!	Chicken Strips, Seasoned Wedges, Mac N' Cheese, & Sauteed Cabbage.	BBQ Meatballs, Jasmine Rice, Mac N' Cheese, Sauteed Cabbage & Tomato.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Friday 11/9	Pancakes, Bacon, Sausage, Cheesy Scrambled Eggs, Hash Browns, & Fresh Fruit and Yogurt!	Taco Bar! Spanish Rice, Green Chili Beans, & Steamed Corn.	Sauteed Turkey Sausage W/ Onions & Green Peppers, Fried Rice, & Sauteed Bok-Choy.	Granola Bars, White/Wheat Bread, Nutella, Peanut Butter, Jelly, & Assorted Fruit
Saturday 11/10		BRUNCH!	DINNER; Cook's Choice	
Sunday 11/11		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.