PENDER COUNTY SCHOOLS

HIGH SCHOOL MENU

October 2026

AVAILABLE DAILY

BREAKFAST: Assorted cereal, Pop-Tarts, graham crackers, muffin, yogurt parfait, biscuit or chicken biscuit, PBJ Uncrustable, cheese stick, fresh fruit, 100% juice, assorted milk

LUNCH: Cheese & pepperoni pizza, hamburger, chicken or spicy chicken sandwich, deli & sub bar, chef or popcorn chicken salad, taco & burrito bar, PBJ, fries or tater tots, fresh fruit, 100% juice, assorted milk

NOTES

Nutrition & allergen info provided at https://greatschools.nutrislice.com/menu or contact Kelly_Ramos@pender.k12.nc.us
Menus are subject to change. Please contact Matthew_Muse@pender.k12.nc.us with any inquiries.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LIMITED TIME OFFER Southwest Crunch Burger	**NATIONAL SCHOOL LUNCH WEEK** Oct 12–16: No Cost Meals	**HOT CHOCOLATE** Tuesdays from Oct 20	1 **BKFST:** Blueberry Muffin Top, French Toast Sticks **LUNCH:** Turkey Sausage Links + Pancakes, Salisbury Steak. Popcorn Chicken **SIDES:** Red Pepper Strips, Corn, Mixed Fruit Cups	2 **BKFST:** Mixed Berry Scone, French Toast Sticks **LUNCH:** Popcorn Chicken, Cheese Sticks, Salisbury Steak **SIDES:** Zucchini, Baby Carrots, Strawberry Applesauce
5 **BKFST:** Mini Strawberry Bagel, Mini Confetti Pancakes **LUNCH:** Cheese Sticks, Pancakes, Waffles, Cheese Omelet **SIDES:** Corn, Celery Sticks, Fresh Pineapple	6 **BKFST:** Chicken Biscuit, Glazed Donut **LUNCH:** Southwest Crunch Burger, Pancakes, Waffles, Cheese Omelet **SIDES:** Kickin' Pinto Beans, Baby Carrots, Fresh Grapes	7 **BKFST:** Vanilla Yogurt Smoothie, Mini Confetti Pancakes **LUNCH:** Fish Sandwich, Pancakes, Waffles **SIDES:** Fresh Cooked Broccoli, Red Pepper Strips, Fresh Honeydew	8 **BKFST:** Maple Pancake Sausage Wrap, Mini Confetti Pancakes **LUNCH:** Southwest Crunch Burger, Pancakes, Waffles, Cheese Omelet **SIDES:** Green Peas, Cucumber Slices, Mixed Fruit Cups	9 **BKFST:** EGG & Cheese Bagel Melt, Mini Confetti Pancakes **LUNCH:** Pancakes, Waffles, Cheese Omelet **SIDES:** Mashed Potatoes, Rainbow Vegetable Blend, Watermelon Craisins
12 **BKFST:** Dutch Funnel Cake Waffle, Apple Frudel **LUNCH:** Clown Car Rib Slider, Chicken Alfredo, Meatballs **SIDES:** Green Peas, Cucumber Slices, Cown Nose Strawberries	13 **BKFST:** Confetti Pancakes, Glazed Donut **LUNCH:** Walkin Tacos, Chicken Alfredo, Meatballs **SIDES:** Refried Beans, Fire Breather Carrots, Fresh Grapes	14 **BKFST:** Ring Master Sausage Muffin, Apple Frudel **LUNCH:** Ferris Wheel Waffles + Strong Man Omelet, Chicken Alfredo, **SIDES:** Fresh Broccoli, Roasted Zucchini, Clown Bite Cantaloupe	15 **BKFST:** Scrambled Eggs w/ Cheese, Cinnamon Toast, Apple Frudel **LUNCH:** Honey Stung Cannon Ball Popcorn Chicken w Biscuit Chicken Alfredo, Meatballs **SIDES:** Big Top Tater Tots, Steamed Strong Man Broccoli, Mixed Fruit Cup	16 **BKFST:** Biscuits with Sausage Gravy, Apple Frudel **LUNCH:** Chicken Alfredo, Meatballs, Acrobat Cheese Sticks, Flying Pizza Extravaganza **SIDES:** Corn, Tight Rope Red Pepper Strips, Strawberry Applesauce
19 **BKFST:** Chicken & Cheese Muffin, Waffles **LUNCH:** Spicy Chicken Po' Boy Wrap, Fried Rice, Orange Chicken **SIDES:** Steamed Broccoli, Cucumber Slices, Fresh Pineapple	20 **BKFST:** Cheese Sticks, Glazed Donut **LUNCH:** Chicken, Bean & Cheese Burrito, Fried Rice, Orange Chicken **SIDES:** Fresh Celery, BBQ Black Beans, Fresh Grapes	21 **BKFST:** Breakfast Sausage Pizza, Waffles **LUNCH:** Chicken Alfredo, Fried Rice, Orange Chicken **SIDES:** Fresh Broccoli, Parmesan Garlic Green Beans, Honeydew	22 **BKFST:** Powdered Donut, Waffles **LUNCH:** French Toast Sticks, Turkey Sausage Links, Fried Rice **SIDES:** Red Pepper Strips, Peas & Carrots, Fresh Fruit Cups	23 **BKFST:** Egg & Cheese Bagel, Waffles **LUNCH:** Fried Rice, Orange Chicken, Cheese Sticks **SIDES:** Steamed Broccoli, Cucumber Slices, Watermelon Craisins
26 **BKFST:** Maple Pancake Sausage Wrap, Pumpkin Spiced Donut **LUNCH:** Salisbury Steak, Mac & Cheese, Popcorn Chicken **SIDES:** Mashed Potatoes, Red Pepper Strips, Fresh Strawberries	27 **BKFST:** Egg & Cheese Croissant, Glazed Donut **LUNCH:** Soft Beef Tacos, Mac & Cheese, Popcorn Chicken **SIDES:** Kickin' Pinto Beans, Fresh Zucchini, Fresh Grapes	28 **BKFST:** Chicken Biscuit, Sausage Biscuit, Glazed Cinnamon Roll **LUNCH:** Chicken Parmesan w Garlic Knots, Mac & Cheese, Popcorn Chicken **SIDES:** Roasted Carrots, Fresh Broccoli, Cantaloupe	29 **BKFST:** Sausage Muffin Sandwich, Glazed Cinnamon Roll **LUNCH:** Buffalo Chicken Wings, Mac & Cheese, Popcorn Chicken **SIDES:** Celery Sticks, Rainbow Vegetable Blend, Mixed Fruit Cup	30 **BKFST:** Strawberry Yogurt Smoothie, Glazed Cinnamon Roll **LUNCH:** Mac & Cheese, Popcorn Chicken, Halloweenie Dog **SIDES:** Cucumber Slices, Steamed Broccoli, Strawberry Applesauce