# Middle School Menu

PENDER COUNTY SCHOOLS

## Contact US!

For menu questions/feedback contact matthew_muse@pender.k12.nc.us.

For LINQ/Titan questions please contact kelly_ramos@pender.k12.nc.us.

# November 2026

**AVAILABLE DAILY**

**BREAKFAST:** Cereal, Pop-Tarts, Graham Crackers, Cheese Stick, PBJ Uncrustable, Fresh Fruit, Juice, Milk

**LUNCH:** Cheese & Pepperoni Pizza, Cheeseburger, Crispy or Spicy Chicken Sandwich, Deli Sandwich, Chef or Chicken Salad, Pack Lunch, PBJ Sandwich, Dinner Roll, Fries or Tater Tots, Fresh Fruit, Juice, Milk, Condiments

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **2**<br>**BKFST:** Ham & Cheese Bagel, French Toast Sticks, Chocolate Chip Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Popcorn Chicken, Southern Biscuit, Fies<br>**SIDES:** Fresh Broccoli, Fresh Strawberries | **3**<br><br>**Voting Day** | **4**<br>**BKFST:** Egg & Cheese Croissant, French Toast Sticks, Chocolate Chip Muffin, Peach Yogurt Parfait<br>**LUNCH:** Chicken & Dumplings, Egg Fried Rice<br>**SIDES:** Peas & Carrots, Steamed Broccoli, Fresh Cantaloupe | **5**<br>**BKFST:** Blueberry Muffin Top, French Toast Sticks, Chocolate Chip Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Pancakes, Turkey Sausage Links<br>**SIDES:** Corn, Red Pepper Strips, Fresh Blueberries, Fresh Cantaloupe | **6**<br>**BKFST:** Mixed Berry Scone, French Toast Sticks, Chocolate Chip Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** Popcorn Chicken Potato Bowl, Breadstick, Cheese Pizza Sticks<br>**SIDES:** Baby Carrots, Fresh Zucchini, Strawberry Applesauce |
| **9**<br>**BKFST:** Mini Strawberry Cream Cheese Bagels, Mini Confetti Pancakes, Blueberry Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Breaded Cheese Sticks w Marinara Sauce<br>**SIDES:** Corn, Celery Sticks, Fresh Pineapple | **10**<br>**BKFST:** Chicken Biscuit, Glazed Donut, Blueberry Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** Beef Soft Tacos<br>**SIDES:** Kickin' Pinto Beans, Baby Carrots, Fresh Grapes | **11**<br><br>**Veterans Day** | **12**<br>**BKFST:** Maple Sausage Pancake Wrap, Mini Confetti Pancakes, Blueberry Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Macaroni & Cheese, Teriyaki Wings, Biscuit<br>**SIDES:** Green Peas, Cucumber Slices, Fresh Grapes, Fresh Honeydew | **13**<br>**BKFST:** Ham & Cheese Bagel Melt, Mini Confetti Pancakes, Blueberry Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** LTO: Pepp Calzone w Pizza Ranch, Cheese Pizza Sticks<br>**SIDES:** Mashed Potatoes, Rainbow Vegetable Blend |
| **16**<br>**BKFST:** Egg & Cheese Croissant, Apple Frudel, Chocolate Chip Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** BBQ Rib Sandwich<br>**SIDES:** Cucumber Slices, Green Peas, Fresh Strawberries | **17**<br>**BKFST:** Maple Ham Flatbread with Gravy, Glazed Donut, Chocolate Chip Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** Soft Beef Tacos<br>**SIDES:** Refried Beans, Baby Carrots, Fresh Grapes | **18**<br>**BKFST:** Sausage Muffin Sandwich, Apple Frudel, Chocolate Chip Muffin, Peach Yogurt Parfait<br>**LUNCH:** Waffles, Colby Cheese Omelet<br>**SIDES:** Roasted Zucchini, Fresh Broccoli, Fresh Cantaloupe | **19**<br>**BKFST:** Apple Frudel, Scrambled Eggs with Cheese, Cinnamon Toast, Chocolate Chip Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Honey-Stung Popcorn Chicken, Biscuit<br>**SIDES:** Mashed Potatoes, Steamed Broccoli, Fresh Blueberries, Fresh Cantaloupe | **20**<br>**BKFST:** Southern Biscuit, Apple Frudel, Chocolate Chip Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** Chicken Quesadilla, Cheese Pizza Sticks<br>**SIDES:** Corn, Red Pepper Strips, Strawberry Applesauce |
| **23**<br>**BKFST:** Chicken & Cheese Muffin, Waffles, Blueberry Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Spicy Chicken Po' Boy Wrap<br>**SIDES:** Cucumber Slices, Fresh Pineapple | **24**<br>**BKFST:** Breaded Cheese Sticks, Glazed Donut, Blueberry Muffin, Strawberry Yogurt Parfait<br>**LUNCH:** Chicken Bean & Cheese Burrito<br>**SIDES:** BBQ Black Beans, Celery Sticks, Fresh Grapes | **25**<br><br>**Thanksgiving Break** | **26**<br><br>**Thanksgiving Day** | **27**<br><br>**Thanksgiving Break** |
| **30**<br>**BKFST:** Maple Sausage Pancake Wrap, Cinnamon Roll, Chocolate Chip Muffin, Blueberry Yogurt Parfait<br>**LUNCH:** Salisbury Steak, Breadstick<br>**SIDES:** Red Pepper Strips, Mashed Potatoes, Fresh Strawberries | | <br>**LIMITED TIME OFFER**<br>Pepperoni Calzone w Pizza Ranch 11/13 | | |

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