



Norwalk Lunch Menu Grades 6-8 October 2017



Choose an Entrée:	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i>	Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit	Pizza Burger Drumstick/Dinner Roll Macaroni & Cheese/Dinner Roll	Stuffed Crust Pepperoni Pizza* Corn Dog Beef & Cheese Nachos	Cheese Stuffed Sticks/Marinara BBQ Beef on a Bun Pancakes/ Lil' Smokies*	Chicken Nuggets/Dinner Roll Hamburger on Bun Meatball Sub
Choose Side Items: (Must choose at least 1 side to build a meal.)	Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	Sugar Snap Peas Broccoli Apple Wedges Pineapple Assorted Fresh Fruit	Refried Beans Oven Baked Tater Gems Pears Grapes Assorted Fresh Fruit	Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit	Cross Trax Sweet Potato Fries Seasoned Corn Dried Fruit Peaches Assorted Fresh Fruit

CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13

Choose an Entrée:	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
<i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i>		Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice	Breaded Chicken Sandwich Cheese Pizza Beef & Noodles/Dinner Roll	Breaded Mozzarella Sticks/Marinara Hot Dog on a Bun* Soft-Shell Beef Taco/Salsa	Chicken Sticks/Dinner Roll Grilled Cheese Sandwich Pasta with Meat Sauce/Bread Stick
Choose Side Items: (Must choose at least 1 side to build a meal.)		Steamed Peas California Blend Vegetables Apple Wedges Fruit Cocktail Assorted Fresh Fruit	Scalloped Potatoes Steamed Cauliflower Banana Applesauce Assorted Fresh Fruit	Refried Beans Steamed Broccoli Pears Mandarin Oranges Assorted Fresh Fruit	Sweet Potato Fries Green Beans Baked Apples Chilled Blueberries Assorted Fresh Fruit

Choose an Entrée:	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
<i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i>	Cheese Burger Pizza Crunchers Loaded Baked Potato Soup/Cinnamon Roll	Fiestada Pizza/Salsa Breaded Chicken Sandwich Teriyaki Chicken/Rice	Pepperoni French Bread* Pulled BBQ Pork on a Bun* French Toast Sticks/Egg Omelet	Spicy Chicken Tenders Real Slice Pepperoni Pizza* Orange Chicken & Rice	Corn Dog Garlic Cheese French Bread Queso & Chips
Choose Side Items: (Must choose at least 1 side to build a meal.)	Corn on the Cob Steamed Broccoli Strawberry Applesauce Fruit Cocktail	Glazed Carrots Steamed Peas Banana Pears Assorted Fresh Fruit	Hash Brown Edamame 100% Juice Chilled Blueberries Assorted Fresh Fruit	Green Beans Sweet Potato Fries Pineapple Strawberries Assorted Fresh Fruit	Baked Beans Italian Blend Vegetables Peaches Apple Wedges Assorted Fresh Fruit

Choose an Entrée:	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
<i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i>	Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Beef Enchiladas	Spicy Chicken Sandwich Pizza Crunchers Chicken & Cheese Nachos	Cheese Pizza Hot Dog on Bun* Chicken Fajita/Salsa	Chicken Nuggets/Dinner Roll Garlic Cheese French Bread General's Chicken Over Steamed Rice	Bacon* Cheese Burger Fiestada Pizza/Salsa Chicken & Noodles/Dinner Roll
Choose Side Items: (Must choose at least 1 side to build a meal.)	Potato Smiles Mixed Vegetables Pears Strawberries Assorted Fresh Fruit	Sweet Potato Cross Trax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit	Green Beans Fiesta Black Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit	Italian Blend Vegetables Steamed Broccoli Strawberry Kiwi Side Kick Fruit Cocktail Assorted Fresh Fruit	California Blend Vegetables Mashed Potatoes Mandarin Oranges Mixed Berries Assorted Fresh Fruit

Choose an Entrée:	30 MONDAY	31 TUESDAY			
<i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i>	Sloppy Joe on a Bun Breaded Chicken Patty on Bun Meatball Sub*	Pork Chopette* on Bun Pepperoni French Bread* Orange Chicken/Rice			
Choose Side Items: (Must choose at least 1 side to build a meal.)	Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries Assorted Fresh Fruit			Daily Side Choices also include fresh vegetables offered each day on our Vegetable Bar including: Romaine Lettuce, Baby Carrots, Tomatoes, Broccoli or Cauliflower, and other assorted fresh vegetables.

Weekly Breakfast Menus Include Your Choice of Cereal/Toast, Bagel, Breakfast Pizza, Cinnamon Roll/Long John, French Toast Sticks, or a Bagel Breakfast Sandwich. All breakfast meals include fruit, 100% Juice and Milk. Join us for breakfast before school each morning beginning at 7:20 to help kick-start your learning. Breakfast Menu Offerings Vary Each Day.

*Entrée May Contain Pork Whole Grain Products Offered Daily Menus Also Include the Fresh Fruits and Vegetables Offered Daily on the Vegetable Bar

Deli Sandwich Bar Offered Daily. A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.