



Norwalk Lunch Menu Grades 6-8 September 2017

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | 1 | FRIDAY |
|--|--|--|---|--|--|---|
| <p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>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.</p> | | | | | <p>Chicken Sticks/Dinner Roll</p> <p>Grilled Cheese Sandwich</p> <p>Pasta with Meat Sauce/Bread Stick</p> <p>Sweet Potato Fries</p> <p>Green Beans</p> <p>Baked Apples</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p> |
| <p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>4 MONDAY</p> <div style="text-align: center;">  <p>Labor Day~ No School!</p> </div> | <p>5 TUESDAY</p> <p>Fiestada Pizza/Salsa Breaded Chicken Sandwich Teriyaki Chicken/Rice</p> <p>Glazed Carrots Steamed Peas Applesauce Fruit Cocktail Assorted Fresh Fruit</p> | <p>6 WEDNESDAY</p> <p>Pepperoni French Bread Pulled BBQ Pork on a Bun French Toast Sticks/Egg Omelet</p> <p>Hash Brown Edamame Chilled Blueberries 100% Fruit Juice Assorted Fresh Fruit</p> | <p>7 THURSDAY</p> <p>Spicy Chicken Tenders Real Slice Pepperoni Pizza* Orange Chicken & Rice</p> <p>Green Beans Steamed Broccoli Pears Mandarin Oranges Assorted Fresh Fruit</p> | <p>8 FRIDAY</p> <p>Corn Dog Garlic Cheese French Bread Queso & Chips</p> <p>Baked Beans Hawkeye Corn Peaches Strawberry Mango Cyclone Sidekick Assorted Fresh Fruit</p> <div style="text-align: right;">  </div> | |
| <p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>11 MONDAY</p> <p>Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Beef Enchiladas</p> <p>Potato Smiles Mixed Vegetables Pears Strawberries Assorted Fresh Fruit</p> | <p>12 TUESDAY</p> <p>Spicy Chicken Sandwich Pizza Crunchers Chicken & Cheese Nachos</p> <p>Sweet Potato Crosstrax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit</p> | <p>13 WEDNESDAY</p> <p>Cheese Pizza Hot Dog on Bun* Chicken Fajita/Salsa</p> <p>Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit</p> | <p>14 THURSDAY</p> <p>Chicken Nuggets/Dinner Roll Garlic Cheese French Bread General's Chicken Over Steamed Rice</p> <p>Italian Blend Vegetables Steamed Broccoli Tropical Fruit Pears Assorted Fresh Fruit</p> | <p>15 FRIDAY</p> <p>Bacon* Cheese Burger Fiestada Pizza/Salsa Chicken & Noodles/Dinner Roll</p> <p>California Blend Vegetables Mashed Potatoes Mandarin Oranges Mixed Berries Assorted Fresh Fruit</p> | |
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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.