




Norwalk Lunch Menu Grades 9-12 April 2017



	MONDAY	TUESDAY			
	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.				

	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 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>Individual Cheese Pizza Chicken Parmesan Sandwich Teriyaki Chicken over Rice</p> <p>Edamame Steamed Broccoli Apricots Applesauce Assorted Fresh Fruit</p>	<p>Garlic Cheese Bread BBQ Beef on a Bun Cheeseburger Macaroni/Dinner Roll</p> <p>Green Beans California Blend Vegetables Mandarin Oranges Pineapple Assorted Fresh Fruit</p>	<p>Stuffed Crust Pepperoni Pizza* Grilled Chicken Sandwich Beef & Cheese Nachos</p> <p>Refried Beans Oven Baked French Fries Watermelon Pears Assorted Fresh Fruit</p>	<p>Cheese Stuffed Sticks/Marinara Pulled BBQ Pork Sandwich* Pancakes/ Lil' Smokies*</p> <p>Hash Brown Glazed Carrots 100% Juice Chilled Blueberries Assorted Fresh Fruit</p>	<p>Chicken Nuggets/Dinner Roll Egg & Cheese Bagel Sandwich Meatball Sub</p> <p>Sweet Potato Tots Seasoned Corn Dried Fruit Strawberry Applesauce 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>10 MONDAY</p> <p>Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit</p> <p>Mashed Potatoes Italian Blend Vegetables Peaches Pears Assorted Fresh Fruit</p>	<p>11 TUESDAY</p> <p>Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice</p> <p>Steamed Peas Steamed Cauliflower Grapes Pineapple Assorted Fresh Fruit</p>	<p>12 WEDNESDAY</p> <p>Breaded Chicken Sandwich Pepperoni Pizza* Chicken & Noodles/Dinner Roll</p> <p>Scalloped Potatoes California Blend Vegetables Homemade Fruit Crisp Mandarin Oranges Assorted Fresh Fruit</p>	<p>13 THURSDAY</p> <p>Breaded Mozzarella Sticks/Marinara Bean & Cheese Burrito/Salsa Soft-Shell Beef Tacos/Salsa</p> <p>Refried Beans Steamed Broccoli Fruit Cocktail Applesauce Assorted Fresh Fruit</p>	<p>14 FRIDAY</p> <p>Chicken Sticks/Dinner Roll Grilled Cheese Sandwich Pasta with Meat Sauce/Bread Stick</p> <p>Sweet Potato Fries Green Beans Baked Apples Blueberries 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>17 MONDAY</p> <p>Hot Dog on a Bun* Pepperoni Pizza Bites* Baked Potato with Cheese Sauce/Biscuit</p> <p>Baked Beans Glazed Carrots Apple Wedges Pears Assorted Fresh Fruit</p>	<p>18 TUESDAY</p> <p>Fiestada Pizza/Salsa Breaded Chicken Sandwich Macaroni & Cheese/Dinner Roll</p> <p>Oven Baked Fries Italian Blend Vegetables Fruit Cocktail Banana Assorted Fresh Fruit</p>	<p>19 WEDNESDAY</p> <p>Bosco Cheese Sticks/Marinara Cheese Quesadilla/Salsa French Toast Sticks/Egg Omelet</p> <p>Hash Brown Edamame Chilled Blueberries 100% Fruit Juice Assorted Fresh Fruit</p>	<p>20 THURSDAY</p> <p>Chicken Drumstick & Biscuit Real Slice Pepperoni Pizza* Orange Chicken & Rice</p> <p>Cheesy Potatoes Steamed Broccoli Florets Dried Cherries Thickened Strawberries Assorted Fresh Fruit</p>	<p>21 FRIDAY</p> <p>Spicy Chicken Tenders/Dinner Roll Stuffed Crust Cheese Pizza Queso & Chips/Salsa</p> <p>Sweet Potato Tots Steamed Corn Baked Spiced Apples Mandarin Oranges 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>24 MONDAY</p> <p>Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Breaded Pork Fritter on a Bun</p> <p>Potato Smiles Steamed Peas Peaches Strawberry Applesauce Assorted Fresh Fruit</p>	<p>25 TUESDAY</p> <p>Spicy Chicken Sandwich Corn Dog Chicken & Cheese Nachos</p> <p>Sweet Potato Cross Trax Refried Beans Diced Pears Fresh Orange Wedges Assorted Fresh Fruit</p>	<p>26 WEDNESDAY</p> <p>Individual Cheese Pizza Hot Dog on Bun* Chicken Fajitas/Salsa</p> <p>Green Beans Scalloped Potatoes Pineapple Baked Apples Assorted Fresh Fruit</p>	<p>27 THURSDAY</p> <p>Chicken Nuggets/Dinner Roll Fiestada Pizza/Salsa Sweet & Sour Chicken Over Steamed Rice</p> <p>Italian Blend Vegetables Steamed Broccoli Assorted Fruit Side Kicks Dried Cranberries Assorted Fresh Fruit</p>	<p>28 FRIDAY</p> <p>Bacon Cheese Burger Garlic Cheese Bread Chicken & Noodles/Dinner Roll</p> <p>California Blend Vegetables Mashed Potatoes Chilled Blueberries Grapes Assorted Fresh Fruit</p>

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.