







Norwalk Lunch Menu Grades 9-12 January 2017



Choose an Entrée:	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	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.	Individual Cheese Pizza Chicken Parmesan Sandwich Teriyaki Chicken over Rice Green Beans Steamed Broccoli Mandarin Oranges Pineapple Assorted Fresh Fruit	Stuffed Crust Pepperoni Pizza* Grilled Chicken Sandwich Beef & Cheese Nachos Refried Beans Oven Baked French Fries Peaches Dried Cranberries Assorted Fresh Fruit	Cheese Stuffed Sticks/Marinara BBQ Beef on a Bun Pancakes/ Lil' Smokies* Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit	Chicken Nuggets/Dinner Roll Hamburger on Bun Meatball Sub Crosstrax Sweet Potato Fries Seasoned Corn Apple Wedges Pears Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	9 MONDAY Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit Mashed Potatoes Italian Blend Vegetables Peaches Pears Assorted Fresh Fruit	10 TUESDAY Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice Steamed Peas California Blend Vegetables Banana Pineapple Assorted Fresh Fruit	11 WEDNESDAY Breaded Chicken Sandwich Real Slice Pepperoni Pizza* Chicken & Noodles/Dinner Roll Scalloped Potatoes Steamed Cauliflower Apple Crisp Fruit Cocktail Assorted Fresh Fruit	12 THURSDAY Breaded Mozzarella Sticks/Marinara Chicken Fried Steak on Bun Beef Soft Tacos/Salsa Refried Beans Steamed Broccoli Orange Wedges Applesauce Assorted Fresh Fruit	13 FRIDAY Chicken Sticks/Dinner Roll Grilled Cheese Sandwich Pasta with Meat Sauce/Bread Stick Sweet Potato Fries Green Beans Fruit Cocktail Mandarin Oranges Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	16 MONDAY <div style="text-align: center;"> <p>NO SCHOOL!</p>  </div>	17 TUESDAY Fiestada Pizza/Salsa Breaded Chicken Sandwich Macaroni & Cheese?Dinner Roll Oven Baked Fries Italian Blend Vegetables Pears Peaches Assorted Fresh Fruit	18 WEDNESDAY Bosco Cheese Sticks/Marinara Cheese Quesadilla/Salsa French Toast Sticks/Egg Omelet Hash Brown Edamame 100% Juice Chilled Blueberries Assorted Fresh Fruit	19 THURSDAY Cheese Burger on Bun Real Slice Pepperoni Pizza* Orange Chicken & Rice Cheesy Potatoes Steamed Broccoli Pineapple Applesauce Assorted Fresh Fruit	20 FRIDAY Spicy Chicken Tenders/Dinner Roll Stuffed Crust Cheese Pizza Queso & Chips Sweet Potato Tots Steamed Corn Dried Fruit Thickened Strawberries Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	23 MONDAY Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Breaded Pork Fritter on a Bun Potato Smiles Steamed Peas Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	24 TUESDAY Spicy Chicken Sandwich Pepperoni Hot Pocket* Chicken & Cheese Nachos Sweet Potato Cross Trax Refried Beans Pears Peaches Assorted Fresh Fruit	25 WEDNESDAY Individual Cheese Pizza Hot Dog on Bun* Chicken Fajitas/Salsa Green Beans Steamed Broccoli Pineapple Applesauce Assorted Fresh Fruit	26 THURSDAY Chicken Nuggets/Dinner Roll Fiestada Pizza/Salsa Pancakes/Sausage Patties* Italian Blend Vegetables Hash Brown Chilled Blueberries 100% Juice Assorted Fresh Fruit	27 FRIDAY Bacon Cheese Burger Garlic Cheese Bread Beef & Noodles/Dinner Roll California Blend Vegetables Mashed Potatoes Thickened Strawberries Baked Apples Assorted Fresh Fruit
Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	30 MONDAY Sloppy Joe on a Bun Breaded Chicken Patty on Bun Meatball Sub* Steamed Corn Edamame Pears Applesauce Assorted Fresh Fruit	31 TUESDAY Cheese Burger on Bun Grilled Chicken Patty on Bun Orange Chicken/Rice Steamed Broccoli Sweet Potato Tots Fruit Cocktail Thickened Strawberries Assorted Fresh Fruit	  		

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.