



Norwalk Lunch Menu Grades 9-12 May 2017



| Choose an Entrée: | 1 MONDAY | 2 TUESDAY | 3 WEDNESDAY | 4 THURSDAY | 5 FRIDAY |
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| Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) | Sloppy Joe on a Bun Breaded Chicken Patty on Bun Meatball Sub* Oven Baked Fries Edamame Sliced Peaches Applesauce Assorted Fresh Fruit | Cheese Burger on Bun Grilled Chicken Patty on Bun Orange Chicken/Rice Steamed Broccoli & Cheese Sweet Potato Fries Fruit Cocktail Grapes Assorted Fresh Fruit | Turkey & Cheese Melt Pepperoni Pizza Walking Taco Ranch Beans Seasoned Corn Mandarin Oranges Strawberry Applesauce Assorted Fresh Fruit | Spicy Chicken Tenders/Roll BBQ Beef on a Bun French Toast/Egg Omelet Hash Brown Glazed Carrots Chilled Blueberries 100% Juice Assorted Fresh Fruit | NO SCHOOL Daily Side Choices also include fresh vegetables offered each day on our Vegetable Bar including: Romaine Lettuce, Baby Carrots, Broccoli/Cauliflower, Tomatoes and other assorted fresh vegetable options. |
| Choose an Entrée: | 8 MONDAY | 9 TUESDAY | 10 WEDNESDAY | 11 THURSDAY | 12 FRIDAY |
| Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) | Breaded Mozzarella Sticks/Marinara Quesadilla/Salsa Beef Stir Fry/Rice Broccoli Corn Pears Sliced Peaches Assorted Fresh Fruit | Chicken Tenders/Roll Cheese Stuffed Sticks/Marinara Salisbury Steak or Drumstick/Biscuit Mashed Potatoes with Gravy Glazed Carrots Dried Fruit Watermelon Assorted Fresh Fruit | Mini Corn Dogs Grilled Cheese Sandwich Pancakes/Sausage Patties* Hash Brown Edamame Mandarin Oranges Pineapple Tidbits Assorted Fresh Fruit | Spicy Chicken on a Bun Cheese Pizza or Buffalo Chicken Pizza Penne with Italian Meat Sauce/Breadstick Green Beans Sweet Potato Cross Trax Peaches Baked Apples Assorted Fresh Fruit | Garlic Cheese Bread BBQ Pork Sandwich Chicken Fajitas/Salsa Cheesy Potatoes Spicy Black Beans Fruit Cocktail Applesauce Assorted Fresh Fruit |
| Choose an Entrée: | 15 MONDAY | 16 TUESDAY | 17 WEDNESDAY | 18 THURSDAY | 19 FRIDAY |
| Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) | Individual Cheese Pizza Breaded Chicken Patty on a Bun Teriyaki Chicken over Rice Mixed Vegetables Steamed Broccoli Mandarin Oranges Pineapple Assorted Fresh Fruit | Garlic Cheese Bread BBQ Beef on a Bun Fajita Macaroni & Cheese/ Breadstick Green Beans California Blend Vegetables Pears Peach Slices Assorted Fresh Fruit | Pepperoni Pizza* Grilled Chicken Sandwich Queso & Chips Refried Beans Oven Baked French Fries Strawberries Fruit Cocktail Assorted Fresh Fruit | Cheese Stuffed Sticks/Marinara Chicken Wrap Cook's Choice Vegetable of the Day Glazed Carrots Strawberry Kiwi Side Kick Fruit Crisp Assorted Fresh Fruit | Chicken Nuggets/Dinner Roll Egg & Cheese Bagel Sandwich Meatball Sub Sweet Potato Fries Seasoned Corn 100% Juice Cup Chilled Blueberries Assorted Fresh Fruit |
| Choose an Entrée: | 22 MONDAY | 23 TUESDAY | 24 WEDNESDAY | 25 THURSDAY | 26 FRIDAY |
| Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) | Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Cook's Choice Potato Smiles Italian Blend Vegetables Baked Apples Peaches Assorted Fresh Fruit | Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice Steamed Peas Steamed Broccoli Grapes Applesauce Assorted Fresh Fruit | Breaded Chicken Sandwich Pepperoni Pizza* Chicken & Noodles/Dinner Roll Mashed Potatoes California Blend Vegetables Pears Strawberries Assorted Fresh Fruit | Breaded Mozzarella Sticks/Marinara Corn Dog Soft-Shell Beef Tacos/Salsa Refried Beans Cauliflower Fruit Cocktail Peach Cup Assorted Fresh Fruit | Popcorn Chicken/Dinner Roll Grilled Cheese Sandwich Cook's Choice Sweet Potato Fries Green Beans Fruit Choice Fruit Choice Assorted Fresh Fruit |
| Choose an Entrée: | 29 MONDAY | 30 TUESDAY | 31 WEDNESDAY | 30 | 31 |
| Entrée Selection Entrée Selection Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) | MEMORIAL DAY-NO SCHOOL | Corn Dog Cook's Choice Cook's Choice Baked Beans Vegetable Choice Fruit Choices Assorted Fresh Fruit | Sack Lunch Deli Turkey Sandwich Baby Carrots Cold Vegetable Choice Craisins Strawberry Applesauce Cup | | |

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.