



Norwalk Lunch Menu Grades 9-12 November 2017

Choose an Entrée:	MONDAY	TUESDAY	1 WEDNESDAY	2 THURSDAY	3 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.		BBQ Pork Rib on Bun* Stuffed Crust Pepperoni Pizza* Walking Taco Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit	Chicken Tenders/Dinner Roll Beef & Bean Burrito/Salsa French Toast/Sausage Patties* Hash Brown Steamed Cauliflower Chilled Blueberries 100% Juice 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.)	6 MONDAY Philly Chicken Sandwich Breaded Pork Fritter on a Bun Baked Potato with Cheese/Biscuit Steamed Broccoli Corn on the Cob Apple Slices Apricots Assorted Fresh Fruit	7 TUESDAY Chicken Sticks/Roll Cheese Stuffed Sticks/Marinara Frito Chili Pie/Cinnamon Roll Oregon Blend Vegetables Tater Gems Applesauce Banana Assorted Fresh Fruit	8 WEDNESDAY Mini Corn Dogs Grilled Cheese Sandwich Pancakes/Egg Omelet Hash Brown Edamame 100% Fruit Juice Chilled Blueberries Assorted Fresh Fruit	9 THURSDAY Spicy Chicken on a Bun Cheese Pizza Turkey & Gravy/Biscuit Mashed Potatoes Glazed Carrots Mandarin Oranges Diced Pears Assorted Fresh Fruit	10 FRIDAY Garlic Cheese Bread BBQ Pork Rib Sandwich* Chicken Fajitas/Salsa Green Beans Steamed Cauliflower Peaches Dried Cherries 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.)	13 MONDAY Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	14 TUESDAY Pizza Burger Drumstick/Dinner Roll Macaroni & Cheese/Dinner Roll Sugar Snap Peas Broccoli Apple Wedges Pineapple Assorted Fresh Fruit	15 WEDNESDAY Stuffed Crust Pepperoni Pizza* Corn Dog Beef & Cheese Nachos Refried Beans Oven Baked Tater Gems Pears Grapes Assorted Fresh Fruit	16 THURSDAY Cheese Stuffed Sticks/Marinara BBQ Beef on a Bun Pancakes/ Lil' Smokies* Hash Brown Glazed Carrots Mixed Berries 100% Juice Assorted Fresh Fruit	17 FRIDAY Chicken Nuggets/Dinner Roll Hamburger on Bun Meatball Sub Cross Trax Sweet Potato Fries Seasoned Corn Dried Fruit Peaches 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.)	20 MONDAY Mini Corn Dogs Buffalo Ranch Chicken Sandwich Pork Carnita & Cheese Rice Bowl Fiesta Black Beans and Corn Cheesy Hashbrowns Thickened Strawberries Pineapple Assorted Fresh Fruit	21 TUESDAY Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice Steamed Peas California Blend Vegetables Apple Wedges Fruit Cocktail 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.)	27 MONDAY Cheese Burger Pizza Crunchers Loaded Baked Potato Soup/Cinnamon Roll Corn on the Cob Steamed Broccoli Strawberry Applesauce Fruit Cocktail Assorted Fresh Fruit	28 TUESDAY Fiestada Pizza/Salsa Breaded Chicken Sandwich Teriyaki Chicken/Rice Glazed Carrots Steamed Peas Banana Pears Assorted Fresh Fruit	29 WEDNESDAY Pepperoni French Bread* Pulled BBQ Pork on a Bun* French Toast Sticks/Egg Omelet Hash Brown Edamame 100% Juice Chilled Blueberries Assorted Fresh Fruit	30 THURSDAY Spicy Chicken Tenders/Dinner Roll Real Slice Pepperoni Pizza* Orange Chicken & Rice Green Beans Sweet Potato Fries Pineapple 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.