




## Norwalk Lunch Menu Grades 9-12 October 2017



Choose an Entrée:	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<i>Entrée Selection</i>	Bosco Cheese Sticks/Marinara	Pizza Burger	Stuffed Crust Pepperoni Pizza*	Cheese Stuffed Sticks/Marinara	Chicken Nuggets/Dinner Roll
<i>Entrée Selection</i>	Chicken Tenders/Dinner Roll	Drumstick/Dinner Roll	Corn Dog	BBQ Beef on a Bun	Hamburger on Bun
<i>Entrée Selection</i>	Salisbury Steak/Biscuit	Macaroni & Cheese/Dinner Roll	Beef & Cheese Nachos	Pancakes/ Lil' Smokies*	Meatball Sub
Choose Side Items: (Must choose at least 1 side to build a meal.)	Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	Sugar Snap Peas Broccoli Apple Wedges Pineapple Assorted Fresh Fruit	Refried Beans Oven Baked Tater Gems Pears Grapes Assorted Fresh Fruit	Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit	Cross Trax Sweet Potato Fries Seasoned Corn Dried Fruit Peaches Assorted Fresh Fruit

**CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13**

Choose an Entrée:	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
<i>Entrée Selection</i>		Spicy Chicken Sandwich	Breaded Chicken Sandwich	Breaded Mozzarella Sticks/Marinara	Chicken Sticks/Dinner Roll
<i>Entrée Selection</i>		Cheese Burger on Bun	Cheese Pizza	Hot Dog on a Bun*	Grilled Cheese Sandwich
<i>Entrée Selection</i>		Orange Chicken over Steamed Rice	Beef & Noodles/Dinner Roll	Soft-Shell Beef Tacos/Salsa	Pasta with Meat Sauce/Bread Stick
Choose Side Items: (Must choose at least 1 side to build a meal.)		Steamed Peas California Blend Vegetables Apple Wedges Fruit Cocktail Assorted Fresh Fruit	Scalloped Potatoes Steamed Cauliflower Banana Applesauce Assorted Fresh Fruit	Refried Beans Steamed Broccoli Pears Mandarin Oranges Assorted Fresh Fruit	Sweet Potato Fries Green Beans Baked Apples Chilled Blueberries Assorted Fresh Fruit

Choose an Entrée:	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
<i>Entrée Selection</i>	Cheese Burger	Fiestada Pizza/Salsa	Pepperoni French Bread*	Spicy Chicken Tenders	Corn Dog
<i>Entrée Selection</i>	Pizza Crunchers	Breaded Chicken Sandwich	Pulled BBQ Pork on a Bun*	Real Slice Pepperoni Pizza*	Garlic Cheese French Bread
<i>Entrée Selection</i>	Loaded Baked Potato Soup/Cinnamon Roll	Teriyaki Chicken/Rice	French Toast Sticks/Egg Omelet	Orange Chicken & Rice	Queso & Chips
Choose Side Items: (Must choose at least 1 side to build a meal.)	Corn on the Cob Steamed Broccoli Strawberry Applesauce Fruit Cocktail	Glazed Carrots Steamed Peas Banana Pears Assorted Fresh Fruit	Hash Brown Edamame 100% Juice Chilled Blueberries Assorted Fresh Fruit	Green Beans Sweet Potato Fries Pineapple Strawberries Assorted Fresh Fruit	Baked Beans Italian Blend Vegetables Peaches Apple Wedges Assorted Fresh Fruit

Choose an Entrée:	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
<i>Entrée Selection</i>	Popcorn Chicken/Dinner Roll	Spicy Chicken Sandwich	Cheese Pizza	Chicken Nuggets/Dinner Roll	Bacon* Cheese Burger
<i>Entrée Selection</i>	Breaded Mozzarella Sticks/Marinara	Pizza Crunchers	Hot Dog on Bun*	Garlic Cheese French Bread	Fiestada Pizza/Salsa
<i>Entrée Selection</i>	Beef Enchiladas	Chicken & Cheese Nachos	Chicken Fajitas/Salsa	General's Chicken Over Steamed Rice	Chicken & Noodles/Dinner Roll
Choose Side Items: (Must choose at least 1 side to build a meal.)	Potato Smiles Mixed Vegetables Pears Strawberries Assorted Fresh Fruit	Sweet Potato Cross Trax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit	Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit	Italian Blend Vegetables Steamed Broccoli Strawberry Kiwi Side Kick Fruit Cocktail Assorted Fresh Fruit	California Blend Vegetables Mashed Potatoes Mandarin Oranges Mixed Berries Assorted Fresh Fruit

Choose an Entrée:	30 MONDAY	31 TUESDAY			
<i>Entrée Selection</i>	Sloppy Joe on a Bun	Pork Chopette* on Bun			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.
<i>Entrée Selection</i>	Breaded Chicken Patty on Bun	Pepperoni French Bread*			
<i>Entrée Selection</i>	Meatball Sub*	Orange Chicken/Rice			
Choose Side Items: (Must choose at least 1 side to build a meal.)	Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit	Steamed Broccoli Sweet Potato Fries Pineapple 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.