



## Norwalk Lunch Menu Grades 9-12 September 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1	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>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.</p>					<p><b>Chicken Sticks/Dinner Roll</b></p> <p><b>Grilled Cheese Sandwich</b></p> <p><b>Pasta with Meat Sauce/Bread Stick</b></p> <p>Sweet Potato Fries</p> <p>Green Beans</p> <p>Baked Apples</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p>
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<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>11 MONDAY</p> <p><b>Popcorn Chicken/Dinner Roll</b> <b>Breaded Mozzarella Sticks/Marinara</b> <b>Beef Enchiladas</b></p> <p>Potato Smiles Mixed Vegetables Pears Strawberries Assorted Fresh Fruit</p>	<p>12 TUESDAY</p> <p><b>Spicy Chicken Sandwich</b> <b>Pizza Crunchers</b> <b>Chicken &amp; Cheese Nachos</b></p> <p>Sweet Potato Crosstrax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit</p>	<p>13 WEDNESDAY</p> <p><b>Cheese Pizza</b> <b>Hot Dog on Bun*</b> <b>Chicken Fajitas/Salsa</b></p> <p>Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit</p>	<p>14 THURSDAY</p> <p><b>Chicken Nuggets/Dinner Roll</b> <b>Garlic Cheese French Bread</b> <b>General's Chicken Over Steamed Rice</b></p> <p>Italian Blend Vegetables Steamed Broccoli Tropical Fruit Pears Assorted Fresh Fruit</p>	<p>15 FRIDAY</p> <p><b>Bacon* Cheese Burger</b> <b>Fiestada Pizza/Salsa</b> <b>Chicken &amp; Noodles/Dinner Roll</b></p> <p>California Blend Vegetables Mashed Potatoes Mandarin Oranges Mixed Berries Assorted Fresh Fruit</p>	
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<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>25 MONDAY</p> <p><b>Philly Chicken Sandwich</b> <b>Breaded Pork Fritter on a Bun</b> <b>Baked Potato with Cheese/Biscuit</b></p> <p>Steamed Broccoli Corn on the Cob Apple Slices Fruit Cocktail Assorted Fresh Fruit</p>	<p>26 TUESDAY</p> <p><b>Chicken Tenders/Roll</b> <b>Cheese Stuffed Sticks/Marinara</b> <b>Frito Chili Pie/Cinnamon Roll</b></p> <p>Oregon Blend Vegetables Tater Gems Applesauce Banana Assorted Fresh Fruit</p>	<p>27 WEDNESDAY</p> <p><b>Mini Corn Dogs</b> <b>Grilled Cheese Sandwich</b> <b>Pancakes/Egg Omelet</b></p> <p>Hash Brown Edamame 100% Fruit Juice Pineapple Tidbits Assorted Fresh Fruit</p>	<p>28 THURSDAY</p> <p><b>Spicy Chicken on a Bun</b> <b>Cheese Pizza</b> <b>Turkey &amp; Gravy/Biscuit</b></p> <p>Mashed Potatoes Glazed Carrots Mandarin Oranges Diced Pears Assorted Fresh Fruit</p>	<p>29 FRIDAY</p> <p><b>Garlic Cheese Bread</b> <b>BBQ Pork Rib Sandwich*</b> <b>Chicken Fajitas/Salsa</b></p> <p>Green Beans Steamed Cauliflower Peaches Chilled Blueberries 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.