


Norwalk Lunch Menu Grades 9-12 September 2021

Choose an Entrée: <i>Entrée Selection:</i> Hamburger on a Bun <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	A variety of fresh fruits and vegetables options are offered each day on our Garden Bar as part of the meal option. Students may complement their meals with baby carrots, romaine lettuce, broccoli, cauliflower, assorted sweet peppers, tomatoes, and/or legumes each day. They must take a minimum of 1/2 cup of a fruit and/or vegetable, along with two other food groups to build a free meal. A la carte options are available for purchase.			1	WEDNESDAY Orange Chicken/Brown Rice Hamburger on a Bun Deli Sandwich Glazed Carrots Steamed Edamame Applesauce Banana Assorted Fresh Fruit	2	THURSDAY Spicy Chicken Tenders/Dinner Roll Queso Blanco/Tortilla Chips Deli Sandwich Steamed Corn Fiesta Taco Beans Peaches Grapes Assorted Fresh Fruit	3	FRIDAY French Toast Sticks/Cheese Omelet BBQ Pork* Rib on a Bun Deli Sandwich Hash Browns Cauliflower with Cheese Sauce Chilled Blueberries 100% Apple Juice Assorted Fresh Fruit	
				6	MONDAY 	7	TUESDAY Chicken Nuggets/Dinner Roll Italian Meatball Sub Deli Sandwich Scalloped Potatoes Green Beans Apple Slices Apricots Assorted Fresh Fruit	8	WEDNESDAY Mini Corn Dogs Pasta with Meat Sauce/Bread Stick Deli Sandwich Baked Beans Mixed Vegetables Thickened Strawberries Craisins Assorted Fresh Fruit	9
Choose an Entrée: <i>Entrée Selection:</i> Popcorn Chicken/Bread Stick <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	13	MONDAY Fajita Mac & Cheese/Bread Stick Popcorn Chicken/Bread Stick Deli Sandwich Glazed Carrots Steamed Corn Strawberry Applesauce Apricots Assorted Fresh Fruit	14	TUESDAY Cheese Stuffed Sticks/Marinara Honey Sriracha Chicken/Brown Rice Deli Sandwich Steamed Edamame Broccoli Peas Pineapple Assorted Fresh Fruit	15	WEDNESDAY Cheese Quesadilla Turkey & Gravy/Biscuit Deli Sandwich Mashed Potatoes Peas Peaches Fruit Choice Assorted Fresh Fruit	16	THURSDAY Country Fried Pork Fritter on Bun Walking Taco Deli Sandwich Refried Beans Steamed Corn Fruity Side Kick Fruit Cocktail Assorted Fresh Fruit	17	FRIDAY Stuffed Crust Pepperoni Pizza* Confetti Pancakes/Cheese Omelet Deli Sandwich Tater Gems Mixed Vegetables Juice Cup Fruit Choice Assorted Fresh Fruit
	Choose an Entrée: <i>Entrée Selection:</i> Popcorn Chicken/Dinner Roll <i>Entrée Selection:</i> Breaded Mozzarella Sticks/Marinara <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	20	MONDAY Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Deli Sandwich Steamed Corn Garden Peas Craisins Mandarin Oranges Assorted Fresh Fruit	21	TUESDAY Bosco Cheese Sticks/Marinara Breaded Chicken Sandwich Deli Sandwich Glazed Carrots Sweet Potato Fries Applesauce Fruit Cocktail Assorted Fresh Fruit	22	WEDNESDAY Pepperoni Pizza* Cheese Burger on a Bun Deli Sandwich Baked Beans Steamed Broccoli Peas Pineapple Assorted Fresh Fruit	23	THURSDAY Chicken Drumstick/Dinner Rolls Pizza Crunchers Deli Sandwich Green Beans Mashed Potatoes Grapes Apricots Assorted Fresh Fruit	24
Choose an Entrée: <i>Entrée Selection:</i> Ultimate Italian Cheese Bites <i>Entrée Selection:</i> Spicy Chicken Sandwich <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)		27	MONDAY Ultimate Italian Cheese Bites Spicy Chicken Sandwich Deli Sandwich Carrots Steamed Broccoli Baked Apples Pineapple Assorted Fresh Fruit	28	TUESDAY Cheese Pizza Hot Dog on Bun* Deli Sandwich Baked Beans Green Beans Mandarin Oranges Peas Assorted Fresh Fruit	29	WEDNESDAY Orange Chicken/Brown Rice Hamburger on a Bun Deli Sandwich Glazed Carrots Steamed Edamame Applesauce Banana Assorted Fresh Fruit	30	THURSDAY Chicken Tenders/Dinner Roll Queso Blanco/Tortilla Chips Deli Sandwich Steamed Corn Fiesta Taco Beans Peaches Grapes Assorted Fresh Fruit	

All breakfast meals include fruit, 100% juice and milk. Join us for breakfast before school each morning to help kick-start your learning. Breakfast Menu Offerings Vary Each Day.

*Entrée May Contain Pork Whole Grain Products Offered Daily

A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.

Please bring your lunch card each day so that we may efficiently serve you!