


Norwalk Lunch Menu Grades 9-12 October 2021

Choose an Entrée: <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	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							
Choose an Entrée: <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	4	MONDAY	5	TUESDAY	6	WEDNESDAY	7	THURSDAY	8	FRIDAY	Hamburger on a Bun Cheese Pizza Deli Sandwich French Fries Corn Applesauce Cup Orange Wedges Assorted Fresh Fruit	Chicken Nuggets/Dinner Roll Italian Meatball Sub Deli Sandwich Sweet Potato Fries Green Beans Apple Slices Apricots Assorted Fresh Fruit	Mini Corn Dogs Pasta with Meat Sauce/Bread Stick Deli Sandwich Baked Beans Mixed Vegetables Thickened Strawberries Craisins Assorted Fresh Fruit	Pancakes/Sauage Patties* Garlic Cheese Bread Deli Sandwich Hash Browns Italian Blend Vegetables Chilled Blueberries 100% Orange Juice Assorted Fresh Fruit	Sweet Thai Chili Chicken/Rice Pepperoni French Bread Pizza* Deli Sandwich Steamed Broccoli Cauliflower Pineapple Fruit Cocktail Assorted Fresh Fruit
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Choose an Entrée: <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	18	MONDAY	19	TUESDAY	20	WEDNESDAY	21	THURSDAY	22	FRIDAY	Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Deli Sandwich Steamed Corn Garden Peas Craisins Mandarin Oranges Assorted Fresh Fruit	Bosco Cheese Sticks/Marinara Breaded Chicken Sandwich Deli Sandwich Glazed Carrots Sweet Potato Fries Applesauce Fruit Cocktail Assorted Fresh Fruit	Pepperoni Pizza* Cheese Burger on a Bun Deli Sandwich Baked Beans Steamed Broccoli Pears Pineapple Assorted Fresh Fruit	Chicken Drumstick/Dinner Roll Pizza Crunchers Deli Sandwich Green Beans Mashed Potatoes Grapes Apricots Assorted Fresh Fruit	Corn Dog Garlic Cheese French Bread Deli Sandwich Mixed Vegetables Edamame Orange Wedges Peaches Assorted Fresh Fruit
Choose an Entrée: <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	25	MONDAY	26	TUESDAY	27	WEDNESDAY	28	THURSDAY	29	FRIDAY	Ultimate Italian Cheese Bites Spicy Chicken Sandwich Deli Sandwich Carrots Steamed Broccoli Baked Apples Pineapple Assorted Fresh Fruit	Cheese Pizza Hot Dog on Bun* Deli Sandwich Baked Beans Green Beans Mandarin Oranges Pears Assorted Fresh Fruit	Orange Chicken/Brown Rice Cheese Burger on a Bun Deli Sandwich Glazed Carrots Steamed Edamame Applesauce Banana Assorted Fresh Fruit	Chicken Tenders/Dinner Roll Soft Beef Tacos/Salsa/Cheese Deli Sandwich Steamed Corn Fiesta Taco Beans Peaches Grapes Assorted Fresh Fruit	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

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!