


Norwalk Lunch Menu Grades 6-8 January 2022

	3	4	5	6	7
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose an Entrée:</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>Mini Corn Dogs</p> <p>Garlic Cheese French Bread</p> <p>Deli Sandwich</p> <p>Mixed Vegetables</p> <p>Edamame</p> <p>Craisins</p> <p>Applesauce Cup</p> <p>Assorted Fresh Fruit</p>	<p>Popcorn Chicken</p> <p>Breaded Mozzarella Sticks/Marinara</p> <p>Deli Sandwich</p> <p>Steamed Corn</p> <p>Garden Peas</p> <p>Mandarin Oranges</p> <p>Mixed Berry Cup</p> <p>Assorted Fresh Fruit</p>	<p>Pepperoni Pizza*</p> <p>Cheese Burger on a Bun</p> <p>Deli Sandwich</p> <p>Baked Beans</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p>	<p>Chicken Drumstick/Dinner Roll</p> <p>Pizza Crunchers</p> <p>Deli Sandwich</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Apricots</p> <p>Apple Slices</p> <p>Assorted Fresh Fruit</p>	<p>Bosco Cheese Sticks/Marinara</p> <p>Deluxe Chicken Sandwich</p> <p>Deli Sandwich</p> <p>Glazed Carrots</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</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>Ultimate Italian Cheese Bites</p> <p>Spicy Chicken Sandwich</p> <p>Deli Sandwich</p> <p>Glazed Carrots</p> <p>Steamed Broccoli</p> <p>Baked Apples</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>	<p>Pulled BBQ Pork on a Bun</p> <p>Cheese Pizza</p> <p>Deli Sandwich</p> <p>Baked Beans</p> <p>Green Beans</p> <p>Pears</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p>	<p>Queso Blanco/Tortilla Chips</p> <p>Chicken Tenders</p> <p>Deli Sandwich</p> <p>Refried Beans</p> <p>Steamed Corn</p> <p>Peaches</p> <p>Banana</p> <p>Assorted Fresh Fruit</p>	<p>Grilled Cheese Sandwich</p> <p>Pepperoni French Bread</p> <p>Deli Sandwich</p> <p>Tater Gems</p> <p>Italian Vegetables</p> <p>Strawberry Fruit Cup</p> <p>Craisins</p> <p>Assorted Fresh Fruit</p>	<p>Pancakes/Egg Omelet</p> <p>Corn Dog</p> <p>Deli Sandwich</p> <p>Hash Brown</p> <p>Mixed Vegetables</p> <p>Juice Cup</p> <p>Chilled Blueberries</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</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>No School Today!</p> 	<p>Cheese Stuffed Sticks/Marinara</p> <p>Honey Sriracha Chicken/Rice</p> <p>Deli Sandwich</p> <p>Steamed Broccoli</p> <p>Edamame</p> <p>Pears</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p>	<p>Hamburger</p> <p>Popcorn Chicken Bowl</p> <p>Deli Sandwich</p> <p>Steamed Corn</p> <p>Mashed Potatoes</p> <p>Strawberry Applesauce</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>	<p>Chicken Drumstick/Dinner Roll</p> <p>Pizza Crunchers</p> <p>Deli Sandwich</p> <p>Green Beans</p> <p>Scalloped Potatoes</p> <p>Oranges</p> <p>Mixed Berry Cup</p> <p>Assorted Fresh Fruit</p>	<p>Garlic Cheese Bread</p> <p>Chicken Fajita</p> <p>Deli Sandwich</p> <p>Mixed Vegetables</p> <p>Glazed Carrots</p> <p>Fruit Choice</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</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>Cheese Pizza</p> <p>Hot Dog on a Bun*</p> <p>Deli Sandwich</p> <p>Baked Beans</p> <p>Steamed Peas</p> <p>Baked Apples</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>	<p>Cheese Burger</p> <p>Orange Chicken/Rice</p> <p>Deli Sandwich</p> <p>Steamed Broccoli</p> <p>Italian Blend Vegetables</p> <p>Applesauce</p> <p>Fruit Choice</p> <p>Assorted Fresh Fruit</p>	<p>Breaded Chicken Sandwich</p> <p>Pasta with Meat Sauce/Bread Stick</p> <p>Deli Sandwich</p> <p>Edamame</p> <p>Glazed Carrots</p> <p>Pears</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>	<p>French Toast Sticks/Omelet</p> <p>Chicken Nuggets/Dinner Roll</p> <p>Deli Sandwich</p> <p>Hash Brown</p> <p>Green Beans</p> <p>Juice Cup</p> <p>Blueberries</p> <p>Assorted Fresh Fruit</p>	<p>Cheese Quesadilla</p> <p>Soft Beef Taco</p> <p>Deli Sandwich</p> <p>Fiesta Black Beans</p> <p>Corn</p> <p>Pears</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</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>Soft Pretzel with Cheese Sauce</p> <p>Spicy Chicken Tenders/Roll</p> <p>Deli Sandwich</p> <p>Green Beans</p> <p>Mixed Vegetables</p> <p>Baked Apples</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>	<p>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.</p>			

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!