

## Norwalk Lunch Menu Grades 6-8 September 2022

|  |  |        |   |         |  |   |   |          |   |        |
|--|--|--------|---|---------|--|---|---|----------|---|--------|
| <b>Choose an Entrée:</b><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br>Choose Side Items:<br>(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 if the student's meal account does not have restrictions and has a positive fund balance, but the meal will continue to be the best value. |        |   |         |  | 1   | THURSDAY  | 2        | FRIDAY  |        |
|  |  |        |   |         |  | Chicken Nuggets<br>Fiestada Beef Taco Pizza<br>Queso Blanco/Tortilla Chips<br>Deli Sandwich or Protein Pack or Salad Bar<br>Steamed Corn/Fiesta Taco Beans<br>Chef's Fresh Pico de Gallo<br>Peaches<br>Grapes | BBQ Pork* Rib on a Bun<br>Breaded Mozzarella Sticks/Marinara<br>Chicken & Noodles/Dinner Roll<br>Deli Sandwich or Protein Pack or Salad Bar<br>Mashed Potatoes<br>Cauliflower<br>Watermelon<br>100% Apple Juice     |          |   |        |
| <b>Choose an Entrée:</b><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br>Choose Side Items:<br>(Must choose at least 1 side to build a meal.)                             | 5  | MONDAY | 6   | TUESDAY | 7  | WEDNESDAY   | 8   | THURSDAY | 9   | FRIDAY |
|  | <b>MEAL PRICES FOR 2022-2023</b><br>GRADES 6-12 BREAKFAST \$2.05<br>REDUCED PRICED BF \$3.30<br>GRADES 6-12 LUNCH \$3.10<br>REDUCED PRICED LUNCH \$4.00<br>SECOND ENTRÉE \$3.10<br>SECOND MEAL BUNDLE \$3.60<br>ADULT LUNCH \$4.15/BF \$2.50   |        | Chicken Tenders/Dinner Roll<br>Pepperoni French Bread Pizza*<br>Italian Meatball Sub<br>Deli Sandwich or Protein Pack or Salad Bar<br>Scalloped Potatoes<br>Green Beans<br>Apple Slices & Chocolate Chip Cookie<br>Apricots |         | Breaded Pork Fritter* on Bun<br>Grilled Cheese Sandwich<br>Pasta with Meat Sauce<br>Deli Sandwich or Protein Pack or Salad Bar<br>Baked Beans<br>Green Beans<br>Mixed Vegetables<br>Thickened Strawberries<br>Craisins |   | Mini Corn Dogs<br>Garlic Cheese Bread<br>Pancakes/Sausage Patties*<br>Deli Sandwich or Protein Pack or Salad Bar<br>Hash Browns<br>Italian Blend Vegetables<br>Chilled Blueberries<br>100% Orange Juice             |          | Cheese Stuffed Sticks/Marinara<br>Chicken Leg & WG Biscuit<br>Walking Taco<br>Deli Sandwich or Protein Pack or Salad Bar<br>Steamed Broccoli<br>Corn<br>Pineapple<br>Fruit Cocktail                             |        |
| <b>Choose an Entrée:</b><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br>Choose Side Items:<br>(Must choose at least 1 side to build a meal.)                             | 12   | MONDAY | 13  | TUESDAY | 14   | WEDNESDAY   | 15  | THURSDAY | 16  | FRIDAY |
|  | Soft Pretzel with Cheese Sauce<br>Breaded Chicken Sandwich<br>Chicken Fajita Mac & Cheese<br>Deli Sandwich or Protein Pack or Salad Bar<br>Glazed Carrots<br>Green Beans<br>Strawberry Applesauce<br>Fresh Oranges   |        | Cheese Stuffed Sticks/Marinara<br>Burger with Crispy Onion Strips<br>Orange Chicken/WG Rice<br>Deli Sandwich or Protein Pack or Salad Bar<br>Oven Baked Fries<br>Broccoli<br>Pears<br>Pineapple                             |         | Stuffed Crust Pepperoni Pizza*<br>Chicken Nuggets<br>Turkey & Gravy/Biscuit<br>Deli Sandwich or Protein Pack or Salad Bar<br>Mashed Potatoes<br>Peas<br>Peaches<br>Mixed Berry Fruit Cup                               |   | Grilled Chicken Sandwich<br>Breaded Mozzarella Sticks/Marinara<br>French Toast Sticks/Sausage Patties*<br>Deli Sandwich or Protein Pack or Salad Bar<br>Hash Browns<br>Steamed Corn<br>Fruit Slushy<br>Apple Slices |          | Deep Dish Cheese Pizza<br>Deluxe Chicken Sandwich<br>Build Your Mac & Cheese/Pulled Pork*<br>Deli Sandwich or Protein Pack or Salad Bar<br>Tater Gems<br>Steamed Peas<br>Mandarin Oranges<br>Blueberries        |        |
| <b>Choose an Entrée:</b><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br>Choose Side Items:<br>(Must choose at least 1 side to build a meal.)                             | 19   | MONDAY | 20  | TUESDAY | 21   | WEDNESDAY   | 22  | THURSDAY | 23  | FRIDAY |
|  | Bosco Cheese Sticks/Marinara<br>Cheese Burger<br>Popcorn Chicken Bowl/Dinner Roll<br>Deli Sandwich or Protein Pack or Salad Bar<br>Corn<br>Mashed Potatoes<br>Craisins<br>Pears  |        | Chicken Nuggets<br>Breaded Mozzarella Sticks/Marinara<br>Chicken Alfredo/Breadstick<br>Deli Sandwich or Protein Pack or Salad Bar<br>Edamame<br>Glazed Carrots<br>Apple Crisp<br>Mandarin Oranges                           |         | Bosco Cheese Sticks/Marinara<br>Breaded Chicken Sandwich<br>Mini Pancakes/Scrambled Eggs<br>Deli Sandwich or Protein Pack or Salad Bar<br>Steamed Peas<br>Sweet Potato Fries<br>Applesauce<br>Fruit Cocktail           |   | Chicken Drumstick/Dinner Roll<br>Pizza Crunchers<br>Baked Potato Bar/Biscuit<br>Deli Sandwich or Protein Pack or Salad Bar<br>Green Beans<br>Broccoli<br>Grapes<br>Pineapple  |          | Corn Dog<br>Garlic Cheese French Bread<br>Pasta Bar/Garlic Breadstick<br>Deli Sandwich or Protein Pack or Salad Bar<br>Mixed Vegetables<br>Cauliflower<br>Peaches<br>Chilled Blueberries                        |        |
| <b>Choose an Entrée:</b><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br><i>Entrée Selection:</i><br>Choose Side Items:<br>(Must choose at least 1 side to build a meal.)                             | 26   | MONDAY | 27  | TUESDAY | 28   | WEDNESDAY   | 29  | THURSDAY | 30  | FRIDAY |
|  | Cheese Stuffed Sticks/Marinara<br>Spicy Chicken Sandwich<br>Orange Chicken/WG Rice<br>Deli Sandwich or Protein Pack or Salad Bar<br>Carrots<br>Steamed Broccoli<br>Apple Slices<br>Pineapple   |        | Cheese Pizza<br>Hot Dog on Bun*<br>Macaroni & Cheese/Breadstick<br>Deli Sandwich or Protein Pack or Salad Bar<br>Peas<br>Green Beans<br>Mandarin Oranges<br>Applesauce  |         | Pepperoni Calzone<br>Hamburger on a Bun<br>Soft Beef Tacos<br>Deli Sandwich or Protein Pack or Salad Bar<br>Italian Vegetables<br>Refried Beans<br>Peas<br>Blueberries   |   | Chicken Nuggets<br>Fiestada Beef Taco Pizza<br>Queso Blanco/Tortilla Chips<br>Deli Sandwich or Protein Pack or Salad Bar<br>Steamed Corn/Fiesta Taco Beans<br>Chef's Fresh Pico de Gallo<br>Peaches<br>Grapes       |          | BBQ Pork* Rib on a Bun<br>Breaded Mozzarella Sticks/Marinara<br>Chicken & Noodles/Dinner Roll<br>Deli Sandwich or Protein Pack or Salad Bar<br>Mashed Potatoes<br>Cauliflower<br>Watermelon<br>100% Apple Juice |        |

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 as Part of the Meal. 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! Take a picture of it! Replacement cards are \$10.00 each.***