

Norwalk Lunch Menu Grades 9-12 September 2022

Choose an Entrée: <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> <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 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/Dinner Roll Fiestada Beef Taco Pizza Queso Blanco/Tortilla Chips Deli Sandwich or Protein Pack or Salad Bar Steamed Corn/Fiesta Taco Beans Chef's Fresh Pico de Gallo Peaches Grapes		BBQ Pork* Rib on a Bun Breaded Mozzarella Sticks/Marinara Chicken & Noodles/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Cauliflower Watermelon 100% Apple Juice	
Choose an Entrée: <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	5 MONDAY	6 TUESDAY	7 WEDNESDAY	8 THURSDAY	9 FRIDAY
	MEAL PRICES FOR 2022-2023 GRADES 6-12 BREAKFAST \$2.05 REDUCED PRICED BF \$3.30 GRADES 6-12 LUNCH \$3.10 REDUCED PRICED LUNCH \$4.00 SECOND ENTRÉE \$3.10 SECOND MEAL BUNDLE \$3.60 ADULT LUNCH \$4.15/BF \$2.50	Chicken Tenders/Dinner Roll Pepperoni French Bread Pizza* Italian Meatball Sub Deli Sandwich or Protein Pack or Salad Bar Scalloped Potatoes Green Beans Apple Slices & Chocolate Chip Cookie Pineapple	Breaded Pork Fritter* on Bun Grilled Cheese Sandwich Pasta with Meat Sauce/Breadstick Deli Sandwich or Protein Pack or Salad Bar Baked Beans Green Beans Mixed Vegetables Thickened Strawberries Craisins	Mini Corn Dogs Garlic Cheese Bread Pancakes/Sausage Patties* Deli Sandwich or Protein Pack or Salad Bar Hash Browns Italian Blend Vegetables Chilled Blueberries 100% Orange Juice	Cheese Stuffed Sticks/Marinara Chicken Leg & WG Biscuit Walking Taco Deli Sandwich or Protein Pack or Salad Bar Steamed Broccoli Corn Pineapple Fruit Cocktail
Choose an Entrée: <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> Choose Side Items: (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 Breaded Chicken Sandwich Chicken Fajita Mac & Cheese/Breadstick Deli Sandwich or Protein Pack or Salad Bar Glazed Carrots Green Beans Strawberry Applesauce Fresh Oranges	Cheese Stuffed Sticks/Marinara Burger with Crispy Onion Strips Orange Chicken/WG Rice Deli Sandwich or Protein Pack or Salad Bar Oven Baked Fries Broccoli Pears Pineapple	Stuffed Crust Pepperoni Pizza* Chicken Nuggets/Dinner Roll Turkey & Gravy/Biscuit Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Peas Peaches Mixed Berry Fruit Cup	Grilled Chicken Sandwich Breaded Mozzarella Sticks/Marinara French Toast Sticks/Sausage Patties* Deli Sandwich or Protein Pack or Salad Bar Hash Browns Steamed Corn Fruit Slushy Apple Slices	Deep Dish Cheese Pizza Deluxe Chicken Sandwich Mac & Cheese Bar/Pulled Pork*/Roll Deli Sandwich or Protein Pack or Salad Bar Tater Gems Steamed Peas Mandarin Oranges Blueberries
Choose an Entrée: <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY
	Bosco Cheese Sticks/Marinara Cheese Burger Popcorn Chicken Bowl/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Corn Mashed Potatoes Craisins Pears	Chicken Nuggets/Dinner Roll Breaded Mozzarella Sticks/Marinara Chicken Alfredo/Breadstick Deli Sandwich or Protein Pack or Salad Bar Edamame Glazed Carrots Apple Crisp Mandarin Oranges	Bosco Cheese Sticks/Marinara Breaded Chicken Sandwich Baked Potato Bar/Cheese/Ham/Biscuit Deli Sandwich or Protein Pack or Salad Bar Steamed Peas Sweet Potato Fries Applesauce Fruit Cocktail	Chicken Drumstick/Dinner Roll Pizza Crunchers Mini Pancakes/Scrambled Eggs Deli Sandwich or Protein Pack or Salad Bar Green Beans Broccoli Grapes Pineapple	Corn Dog Garlic Cheese French Bread Pasta Bar/Garlic Breadstick Deli Sandwich or Protein Pack or Salad Bar Mixed Vegetables Cauliflower Peaches Chilled Blueberries
Choose an Entrée: <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> <i>Entrée Selection:</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY
	Cheese Stuffed Sticks/Marinara Spicy Chicken Sandwich Orange Chicken/WG Rice Deli Sandwich or Protein Pack or Salad Bar Carrots Steamed Broccoli Apple Slices Pineapple	Cheese Pizza Hot Dog on Bun* Macaroni & Cheese/Breadstick Deli Sandwich or Protein Pack or Salad Bar Peas Green Beans Mandarin Oranges Applesauce	Pepperoni Calzone Hamburger on a Bun Soft Beef Tacos Deli Sandwich or Protein Pack or Salad Bar Italian Vegetables Refried Beans Pears Blueberries	Chicken Nuggets/Dinner Roll Fiestada Beef Taco Pizza Queso Blanco/Tortilla Chips Deli Sandwich or Protein Pack or Salad Bar Steamed Corn/Fiesta Taco Beans Chef's Fresh Pico de Gallo Peaches Grapes	BBQ Pork* Rib on a Bun Breaded Mozzarella Sticks/Marinara Chicken & Noodles/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Cauliflower Watermelon 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.