

## Norwalk Lunch Menu Grades 9-12 January 2023

Choose an Entrée:	2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
<b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> Choose Side Items: (Must choose at least 1 side to build a meal.)						Breaded Chicken Sandwich Beef Soft Tacos Deli Sandwich or Protein Pack or Salad Bar Glazed Carrots Green Beans Apple Slices Pineapple		Cheese Burger on Bun Pasta with Meat Sauce/Breadstick Deli Sandwich or Protein Pack or Salad Bar Potato Wedges Steamed Broccoli Strawberry Cup Craisins		Cheese Stuffed Sticks/Marinara Walking Taco Deli Sandwich or Protein Pack or Salad Bar Steamed Broccoli Corn Pineapple Fruit Cocktail
<b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> Choose Side Items: (Must choose at least 1 side to build a meal.)	9	Chicken Nuggets/Biscuit Turkey & Gravy/Biscuit Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Peas Peaches Applesauce	10	Stuffed Crust Cheese Pizza Orange Chicken/WG Rice Deli Sandwich or Protein Pack or Salad Bar Oven Baked Fries Broccoli Peas Pineapple	11	Breaded Chicken Sandwich Corn Dog Deli Sandwich or Protein Pack or Salad Bar Glazed Carrots Green Beans Baked Apples Fresh Oranges	12	Breaded Mozzarella Sticks/Marinara French Toast Sticks/Sausage Patties* Deli Sandwich or Protein Pack or Salad Bar Hash Browns Steamed Corn 100% Juice Cup Apple Slices	13	Deluxe Chicken Sandwich Deep Dish Cheese Pizza Deli Sandwich or Protein Pack or Salad Bar Tater Gems Steamed Peas Mandarin Oranges Blueberries
<b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> Choose Side Items: (Must choose at least 1 side to build a meal.)	16	No School Today!	17	Spicy Chicken Tenders/Dinner Roll Cheese Burger Popcorn Chicken Bowl/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Corn Mashed Potatoes Craisins Peas	18	BBQ Pork Rib Sandwich* Breaded Chicken Sandwich Mini Pancakes/Scrambled Eggs Deli Sandwich or Protein Pack or Salad Bar Steamed Peas Hash Brown Applesauce Fruit Cocktail	19	Mini Corn Dogs Garlic Cheese French Bread Pasta Bar/Bread Stick Deli Sandwich or Protein Pack or Salad Bar Baked Beans Broccoli Orange Wedges Pineapple	20	Chicken Drumstick/Biscuit Pizza Crunchers Totchos/Warrior Waffle Deli Sandwich or Protein Pack or Salad Bar Mixed Vegetables Green Beans Peaches Chilled Blueberries
<b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> Choose Side Items: (Must choose at least 1 side to build a meal.)	23	Cheese Stuffed Sticks/Marinara Spicy Chicken Sandwich Sweet Thai Chili Chicken/Rice Deli Sandwich or Protein Pack or Salad Bar Carrots Steamed Broccoli Apple Slices Pineapple	24	Cheese Pizza Hot Dog on Bun* Macaroni & Cheese/Breadstick Deli Sandwich or Protein Pack or Salad Bar Baked Beans Green Beans Mandarin Oranges Applesauce	25	Grilled Cheese Cheese Burger on a Bun Soft Beef Tacos Deli Sandwich or Protein Pack or Salad Bar Refried Beans/Shredded Cheese Italian Vegetables Peas Blueberries	26	Chicken Nuggets/Dinner Roll Fiestada Beef Taco Pizza Queso Blanco/Tortilla Chips Deli Sandwich or Protein Pack or Salad Bar Steamed Corn Fiesta Black Beans Peaches Orange Wedges	27	BBQ Pork Rib on Bun* Breaded Mozzarella Sticks/Marinara Chicken Fajita/Salsa Deli Sandwich or Protein Pack or Salad Bar French Fries Green Peas Fruit Slushy Fruit Cocktail
<b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> <b>Entrée Selection:</b> Choose Side Items: (Must choose at least 1 side to build a meal.)	30	Chicken Tenders/Dinner Roll Stuffed Crust Cheese Pizza Italian Meatball Sub Deli Sandwich or Protein Pack or Salad Bar Glazed Carrots Green Beans Apple Slices Apricots	31	Cheese Burger Pepperoni French Bread* Salisbury Steak/Gravy/WG Biscuit Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Broccoli Peas Pineapple						

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.***