


Norwalk Lunch Menu Grades 6-8 September 2023

<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection:</p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>MEAL PRICES FOR 2023-2024 GRADES 6-12 BREAKFAST \$2.15 REDUCED PRICED BF \$3.0 GRADES 6-12 LUNCH \$3.20 REDUCED PRICED LUNCH \$4.0 SECOND ENTRÉE \$3.20 SECOND MEAL BUNDLE \$3.70 ADULT LUNCH \$4.85/BF \$2.60</p>		<p>A variety of fresh fruits and vegetable options are offered each day on our Garden Bar as part of the meal option. Students may complement each lunch meal with baby carrots, romaine lettuce, broccoli, cauliflower, assorted sweet peppers, tomatoes and/or legumes each day in addition to the published menu sides. They must take a minimum of 1/2 cup of a fruit and/or vegetable, along with 2 other food groups, to build a meal. A la carte items and menu sides are available to purchase if the student's meal account does not have restrictions and has a positive fund balance.</p>	<p align="center">1 FRIDAY</p> <p>Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Soft Beef Taco Deli Sandwich <i>or</i> Salad Bar Refried Beans Sweet Potato Fries Peaches Pears Assorted Fresh Fruit</p>	
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection:</p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p align="center">4 MONDAY</p> 	<p align="center">5 TUESDAY</p> <p>Hot Dog on a Bun* Breaded Chicken Sandwich Macaroni & Cheese Deli Sandwich <i>or</i> Salad Bar Baked Beans Steamed Peas Mandarin Oranges Applesauce Assorted Fresh Fruit</p>	<p align="center">6 WEDNESDAY</p> <p>Spicy Chicken Tenders/Dinner Roll Philly Cheese Steak Walking Taco Deli Sandwich <i>or</i> Salad Bar Refried Beans Steamed Broccoli Pears Apricots Assorted Fresh Fruit</p>	<p align="center">7 THURSDAY</p> <p>Cheese Burger Pepperoni Pizza* Pasta & Meat Sauce/Dinner Roll Deli Sandwich <i>or</i> Salad Bar Green Beans Sweet Potato Fries Grapes Pineapple Assorted Fresh Fruit</p>	<p align="center">8 FRIDAY</p> <p>Deluxe Chicken Sandwich Garlic Cheese French Bread Chicken Fajita Pasta/Breadstick Deli Sandwich <i>or</i> Salad Bar Mixed Vegetables Tater Tots Peaches Pears Assorted Fresh Fruit</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection:</p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p align="center">11 MONDAY</p> <p>Corn Dog Breaded Mozzarella Sticks/Marinara Honey Sriracha Chicken/Rice Deli Sandwich <i>or</i> Salad Bar Steamed Broccoli Corn Apple Slices Pineapple Assorted Fresh Fruit</p>	<p align="center">12 TUESDAY</p> <p>Mesquite Glazed Drumstick/Biscuit Cheese Pizza Beef & Noodles Deli Sandwich <i>or</i> Salad Bar Mashed Potatoes Italian Blend Vegetables Mandarin Oranges Applesauce Assorted Fresh Fruit</p>	<p align="center">13 WEDNESDAY</p> <p>Popcorn Chicken/Dinner Roll BBQ Pork Rib* on a Bun Queso Blanco & Tortilla Chips Deli Sandwich <i>or</i> Salad Bar Refried Beans Steamed Broccoli & Cauliflower Pears Apricots Assorted Fresh Fruit</p>	<p align="center">14 THURSDAY</p> <p>Spicy Chicken Sandwich Cheese Stuffed Sticks/Marinara Baked Potato Bar/Biscuit Deli Sandwich <i>or</i> Salad Bar Green Beans Carrots Baked Apples Pineapple Assorted Fresh Fruit</p>	<p align="center">15 FRIDAY</p> <p>Pepperoni French Bread* Hamburger Pancakes/Cheese Omelet Deli Sandwich <i>or</i> Salad Bar Sweet Potato Fries Edamame 100% Fruit Juice Cup Pears Assorted Fresh Fruit</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection:</p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p align="center">18 MONDAY</p> <p>Mini Corn Dogs Fiestada Beef Pizza Chicken Crisпитos Deli Sandwich <i>or</i> Salad Bar Baked Beans Broccoli Apple Slices Pineapple Assorted Fresh Fruit</p>	<p align="center">19 TUESDAY</p> <p>Chicken Tenders/Dinner Roll Bosco Cheese Sticks Burrito Bowl w/Chile Verde Chicken Deli Sandwich <i>or</i> Salad Bar Black Beans Corn Mandarin Oranges Applesauce Assorted Fresh Fruit</p>	<p align="center">20 WEDNESDAY</p> <p>Breaded Chicken Sandwich Garlic Cheese Bread Spaghetti & Meat Sauce/Bread Stick Deli Sandwich <i>or</i> Salad Bar Green Beans Steamed Cauliflower Pears Apricots Assorted Fresh Fruit</p>	<p align="center">21 THURSDAY</p> <p>Cheese Burger Individual Pepperoni Pizza* Chicken & Noodles Deli Sandwich <i>or</i> Salad Bar Scalloped Potatoes Steamed Peas Grapes Pineapple Assorted Fresh Fruit</p>	<p align="center">22 FRIDAY</p> <p>Cheese Pizza Deluxe Chicken Sandwich Salisbury Steak/Gravy/Biscuit Deli Sandwich <i>or</i> Salad Bar Mashed Potatoes Green Beans Peaches Pears Assorted Fresh Fruit</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection:</p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p align="center">25 MONDAY</p> <p>Garlic Cheese Bread Hamburger Chicken Fajita Deli Sandwich <i>or</i> Salad Bar Baked Beans Steamed Broccoli Apple Slices Pineapple Assorted Fresh Fruit</p>	<p align="center">26 TUESDAY</p> <p>Chicken Nuggets/Dinner Roll Pizza Crunchers Turkey & Gravy/Biscuit Deli Sandwich <i>or</i> Salad Bar Mashed Potatoes Green Beans Mandarin Oranges Applesauce Assorted Fresh Fruit</p>	<p align="center">27 WEDNESDAY</p> <p>BBQ Pork Rib* on a Bun Spicy Chicken Sandwich Pancakes & Sausage Patties* Deli Sandwich <i>or</i> Salad Bar Hash Brown Carrots 100% Fruit Juice Cup Fruit Cocktail Assorted Fresh Fruit</p>	<p align="center">28 THURSDAY</p> <p>Grilled Chicken Sandwich Stuffed Crust Cheese Pizza Pasta & Meat Sauce/Bread Stick Deli Sandwich <i>or</i> Salad Bar Edamame Mixed Vegetables Applesauce Chilled Blueberries Assorted Fresh Fruit</p>	<p align="center">29 FRIDAY</p> <p align="center">No School Today!</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 student ID/ lunch card each day so that we may efficiently serve you!