

Norwalk Lunch Menu Grades 6-8    October 2023
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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.)		<b>Pepperoni Pizza*</b> Breaded Mozzarella Sticks/Marinara <b>Meatball Sub Sandwich</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Carrots Steamed Edamame Apple Slices & Frosted Sugar Cookie Pineapple Assorted Fresh Fruit		<b>Dill Seasoned Chicken Chunks</b> Grilled Cheese Sandwich <b>Pasta &amp; Meat Sauce/Breadstick</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Tater Tots Steamed Peas Mandarin Oranges Applesauce Assorted Fresh Fruit		<b>Mini Corn Dogs</b> Chicken Fried Steak on a Bun <b>Orange Chicken/Brown Rice</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Green Beans Steamed Broccoli Pears Apricots Assorted Fresh Fruit		<b>Glazed Chicken Drumstick/Biscuit</b> <b>BBQ Pork Rib* on a Bun</b> <b>French Toast Sticks/Cheese Omelet</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Hash Brown Italian Blend Vegetables Grapes Pineapple Assorted Fresh Fruit		<b>Bosco Cheese Sticks/Marinara</b> <b>Chicken Tenders/Dinner Roll</b> <b>Soft Beef Taco</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Refried Beans Sweet Potato Fries Peaches Pears Assorted Fresh Fruit
<b>Choose an Entrée:</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.)	9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
		<b>Hot Dog on a Bun*</b> Breaded Chicken Sandwich <b>Macaroni &amp; Cheese</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Baked Beans Steamed Peas Mandarin Oranges Applesauce & Double Chocolate Cookie Assorted Fresh Fruit		<b>Pork Fritter on a Bun*</b> Fiesta Pizza <b>Popcorn Chicken Bowl/Dinner Roll</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mashed Potatoes Steamed Corn Apple Slices Strawberries Assorted Fresh Fruit		<b>Spicy Chicken Tenders/Dinner Roll</b> <b>Philly Cheese Steak</b> <b>Walking Taco</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Refried Beans Steamed Broccoli Pears Apricots Assorted Fresh Fruit		<b>Cheese Burger</b> <b>Pepperoni Pizza*</b> <b>Pasta &amp; Meat Sauce/Dinner Roll</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Green Beans Sweet Potato Fries Grapes Pineapple Assorted Fresh Fruit		<b>Deluxe Chicken Sandwich</b> <b>Garlic Cheese French Bread</b> <b>Chicken Fajita Pasta/Breadstick</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mixed Vegetables Tater Tots Peaches Pears Assorted Fresh Fruit
<b>Choose an Entrée:</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	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
		<b>Corn Dog</b> Breaded Mozzarella Sticks/Marinara <b>Honey Sriracha Chicken/Rice</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Steamed Broccoli Corn Apple Slices Pineapple Assorted Fresh Fruit		<b>Mesquite Glazed Drumstick/Biscuit</b> <b>Cheese Pizza</b> <b>Beef &amp; Noodles</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mashed Potatoes Italian Blend Vegetables Mandarin Oranges Applesauce Assorted Fresh Fruit		<b>Chicken Tenders/Dinner Roll</b> <b>BBQ Pork Rib* on a Bun</b> <b>Queso Blanco &amp; Tortilla Chips</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mashed Potatoes Steamed Broccoli & Cauliflower Pears Apricots Assorted Fresh Fruit		<b>Spicy Chicken Sandwich</b> <b>Cheese Stuffed Sticks/Marinara</b> <b>Baked Potato Bar/Biscuit</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Green Beans Carrots Baked Apples Pineapple Assorted Fresh Fruit		<b>Pepperoni French Bread*</b> <b>Hamburger</b> <b>Pancakes/Cheese Omelet</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Sweet Potato Fries Edamame 100% Fruit Juice Cup Pears Assorted Fresh Fruit
<b>Choose an Entrée:</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	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
		<b>Mini Corn Dogs</b> <b>Fiestada Beef Pizza</b> <b>Chicken Crisпитos</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Baked Beans Broccoli Apple Slices Pineapple Assorted Fresh Fruit		<b>Popcorn Chicken/Dinner Roll</b> <b>Bosco Cheese Sticks/Marinara</b> <b>Burrito Bowl w/Chile Verde Chicken</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Black Beans Corn Mandarin Oranges Applesauce Assorted Fresh Fruit		<b>Breaded Chicken Sandwich</b> <b>Garlic Cheese Bread</b> <b>Spaghetti &amp; Meat Sauce/Bread Stick</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Green Beans Steamed Cauliflower Pears Baked Apples Assorted Fresh Fruit		<b>Cheese Burger</b> <b>Individual Pepperoni Pizza*</b> <b>Chicken &amp; Noodles</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Scalloped Potatoes Steamed Peas Grapes Pineapple Assorted Fresh Fruit		<b>Cheese Pizza</b> <b>Deluxe Chicken Sandwich</b> <b>Salisbury Steak/Gravy/Biscuit</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mashed Potatoes Green Beans Peaches Pears Assorted Fresh Fruit
<b>Choose an Entrée:</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	MONDAY	31	TUESDAY	<b>MEAL PRICES FOR 2023-2024</b> 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		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.			
		<b>Garlic Cheese Bread</b> <b>Hamburger</b> <b>Chicken Fajita/Salsa</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Baked Beans Steamed Broccoli Apple Slices Pineapple Assorted Fresh Fruit		<b>Chicken Nuggets/Dinner Roll</b> <b>Pizza Crunchers</b> <b>Turkey &amp; Gravy/Biscuit</b> <b>Deli Sandwich <sup>or</sup> Salad Bar</b> Mashed Potatoes Green Beans Mandarin Oranges Applesauce Assorted Fresh Fruit						

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!***