| Norwalk Lunch Menu Grades 9-12 January 2024 |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Choose an Entrée: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Choose Side Items: <br> (Must choose at least 1 <br> side to build a meal.) |  | MONDAY |  | tuesday | 3 | wEdNESDAY |  | day |  | friday |
|  |  | MEAL PRICES FOR 2023-2024 GRADES $6-12$ BREAKFAST $\$ 2.15$ REDUCED PRICED BF $\$ .30$ GRADES 6-12 LUNCH $\$ 3.20$ REDUCED PRICED LUNCH $\$ .40$ SECOND ENTRÉE $\$ 3.20$ SECOND MEAL BUNDLE $\$ 3.70$ ADULT LUNCH \$4.85/BF $\$ 2.60$ |  |  |  | Corn Dog <br> Breaded Mozzarella Sticks/Marinara <br> Honey Sriracha Chicken/Rice <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Corn <br> Steamed Broccoli <br> Craisins <br> Apple Slices <br> Assorted Fresh Fruit |  | Chicken Tenders/Dinner Roll <br> Philly Beef Cheese Steak <br> Queso Blanco \& Tortilla Chips <br> Deli Sandwich ${ }^{o r}$ Salad Bar <br> Refried Beans <br> Seasoned Potato Wedges <br> Pears <br> Mandarin Oranges <br> Assorted Fresh Fruit |  | Pepperoni French Bread* <br> Hamburger with Crispy Onion Strips <br> Pancakes/Cheese Omelet <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Hash Brown <br> Steamed Edamame <br> Chilled Blueberries <br> 100\% Fruit Juice Cup <br> Assorted Fresh Fruit |
| Choose an Entrée: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Choose Side Items: <br> (Must choose at least 1 <br> side to build a meal.) | Monday <br> Mini Corn Dogs <br> Fiestada Beef Pizza <br> Chicken Crispitos/Cheese Sauce/Salsa <br> Deli Sandwich ${ }^{\circ}$ Salad Bar <br> Baked Beans <br> Broccoli <br> Apple Slices <br> Peaches <br> Assorted Fresh Fruit |  |  | tuesday | ${ }^{10}$ | wEDNESDAY |  | thursday | 12 | Friday |
|  |  |  | Popcorn Chicken/Dinner Roll Bosco Cheese Sticks/Marinara Deconstructed Burrito Bowl Deli Sandwich ${ }^{o r}$ Salad Bar Sweet Potato Fries Fiesta Black Beans Mandarin Oranges Applesauce Assorted Fresh Fruit |  | Breaded Chicken Sandwich <br> Garlic Cheese Bread <br> Spaghetti \& Meat Sauce/Bread Stick <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Green Beans <br> Steamed Cauliflower <br> Pears <br> Baked Apples <br> Assorted Fresh Fruit |  | Cheese Burger <br> Stuffed Crust Pepperoni Pizza* <br> Chicken \& Noodles/Dinner Roll <br> Deli Sandwich ${ }^{o r}$ Salad Bar <br> Scalloped Potatoes <br> Steamed Peas <br> Orange Wedges <br> Pineapple <br> Assorted Fresh Fruit |  | Cheese Pizza <br> Deluxe Chicken Sandwich <br> Salisbury Steak/Gravy/Biscuit <br> Deli Sandwich ${ }^{o r}$ Salad Bar <br> Mashed Potatoes <br> Green Beans <br> Fruit Cocktail <br> Strawberries <br> Assorted Fresh Fruit |  |
| Choose an Entrée: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Choose Side Items: <br> (Must choose at least 1 <br> side to build a meal.) | ${ }^{15}$ | MONDAY | ${ }^{16}$ | tuesday | ${ }^{17}$ | wEDNESDAY | 18 | thursday | Bosco Cheese Sticks/MarinaraPork Fritter* on BunMini Pancakes/Cheese OmeletDeli Sandwich ${ }^{\text {or }}$ Salad BarSweet Potato FriesEdamame$100 \%$ Fruit Juice CupPearsAssorted Fresh Fruit |  |
|  |  | No School Today! |  | Garlic Cheese Bread <br> Hamburger <br> Chicken Fajitas/Salsa <br> Deli Sandwich ${ }^{o r}$ Salad Bar <br> Baked Beans <br> Steamed Peas <br> Strawberry Applesauce <br> Pineapple <br> Assorted Fresh Fruit |  | Chicken Nuggets/Dinner Roll <br> Pizza Crunchers <br> Turkey \& Gravy/Biscuit <br> Deli Sandwich ${ }^{o r}$ Salad Bar <br> Mashed Potatoes <br> Green Beans <br> Mandarin Oranges <br> Applesauce <br> Assorted Fresh Fruit |  | Spicy Chicken Sandwich Cheese Stuffed Sticks/Marinara General Tso's Ramen Bowl Deli Sandwich ${ }^{0 r}$ Salad Bar Steamed Broccoli Glazed Carrots Baked Apples Fruit Cocktail Assorted Fresh Fruit |  |  |
| Choose an Entrée: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Choose Side Items: <br> (Must choose at least 1 <br> side to build a meal.) | 22 | MONDAY | 23 | tuesday | 24 | wEdNESDAY | ${ }^{25}$ | THURSD | 26 |  |
|  | Pepperoni Pizza* <br> Breaded Mozzarella Sticks/Marinara <br> Meatball Sub Sandwich <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Glazed Carrots <br> Steamed Corn <br> Apple Slices <br> Fruit Cocktail <br> Assorted Fresh Fruit |  | Dill Seasoned Chicken Chunks/Roll <br> Grilled Cheese Sandwich <br> Pasta \& Meat Sauce/Breadstick <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Tater Tots <br> Steamed Peas <br> Mandarin Oranges <br> Applesauce <br> Assorted Fresh Fruit |  | Mini Corn Dogs <br> Chicken Fried Steak on a Bun <br> Orange Chicken/Brown Rice <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Green Beans <br> Steamed Cauliflower <br> Pears <br> Apricots <br> Assorted Fresh Fruit |  | Chicken Drumstick/Biscuit BBQ Pork Rib* on a Bun French Toast Sticks/Cheese Omelet Deli Sandwich ${ }^{\text {or }}$ Salad Bar Hash Brown Italian Blend Vegetables Banana 100\% Fruit Juice Assorted Fresh Fruit |  | Cheese Stuffed Sticks/Marinara <br> Chicken Tenders/Dinner Roll <br> Walking Taco/Salsa/Cheese <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar <br> Refried Beans <br> Sweet Potato Fries <br> Fruit Cocktail <br> Orange Wedges <br> Assorted Fresh Fruit |  |
| Choose an Entrée: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Entrée Selection: <br> Choose Side Items: <br> (Must choose at least 1 <br> side to build a meal.) | 29] | MONDAY | 30 | tuesday | 3 | wEdNESDAY | 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. |  |  |  |
|  | Hot Dog on a Bun* Breaded Chicken Sandwich Macaroni \& Cheese/Breadstick Deli Sandwich ${ }^{o r}$ Salad Bar Steamed Peas Baked Beans Mandarin Oranges Cinnamon Applesauce Assorted Fresh Fruit |  | Chicken Nuggets/Dinner Roll Spicy Chicken Tenders/Dinner Roll <br> Pizza Crunchers Philly Cheese Steak <br> Turkey \& Gravy/Biscuit Walking Taco <br> Deli Sandwich ${ }^{\text {or }}$ Salad Bar Deli Sandwich ${ }^{\text {or Salad Bar }}$ <br> Mashed Potatoes Refried Beans <br> Green Beans Steamed Broccoli <br> Peaches Pears <br> Pineapple Apricots <br> Assorted Fresh Fruit 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 Offe <br> *Entrée May Contain Pork Whole Grain Products Offered Daily <br> A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider. <br> Please bring your student ID/lunch card each day so that we may efficiently serve you! |  |  |  |  |  |  |  |  |  |  |

