



## Norwalk Lunch Menu Grades 9-12 January 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>Daily Side Choices also include fresh vegetables offered each day on our Vegetable Bar including: Romaine Lettuce, Baby Carrots, Tomatoes, Broccoli or Cauliflower, and other assorted fresh vegetables.</p>		<p><b>Stuffed Crust Pepperoni Pizza*</b> <b>Corn Dog</b> <b>Beef &amp; Cheese Nachos</b></p> <p>Refried Beans Oven Baked Tater Gems Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit</p>	<p><b>Cheese Stuffed Sticks/Marinara</b> <b>BBQ Beef on a Bun</b> <b>Pancakes/ Lil' Smokies*</b></p> <p>Hash Brown Glazed Carrots 100% Juice Blueberries Assorted Fresh Fruit</p>	<p><b>Chicken Nuggets/Dinner Roll</b> <b>Hamburger on Bun</b> <b>Meatball Sub</b></p> <p>Cross Trax Sweet Potato Fries Seasoned Corn Dried Fruit Peaches Assorted Fresh Fruit</p>
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>Bosco Cheese Sticks/Marinara</b> <b>Chicken Tenders/Dinner Roll</b> <b>Salisbury Steak/Biscuit</b></p> <p>Mashed Potatoes Green Beans Pineapple Thickened Strawberries Assorted Fresh Fruit</p>	<p><b>Spicy Chicken Sandwich</b> <b>Cheese Burger on Bun</b> <b>Orange Chicken over Steamed Rice</b></p> <p>Steamed Peas California Blend Vegetables Apricots Fresh Apple Slices Assorted Fresh Fruit</p>	<p><b>Breaded Chicken Sandwich</b> <b>Cheese Pizza</b> <b>Beef &amp; Noodles/Dinner Roll</b></p> <p>Scalloped Potatoes Steamed Cauliflower Banana Applesauce Assorted Fresh Fruit</p>	<p><b>Breaded Mozzarella Sticks/Marinara</b> <b>Hot Dog on a Bun*</b> <b>Soft-Shell Beef Tacos/Salsa</b></p> <p>Refried Beans Steamed Broccoli Mandarin Oranges Pears Assorted Fresh Fruit</p>	<p><b>Chicken Sticks/Dinner Roll</b> <b>Grilled Cheese Sandwich</b> <b>Pasta with Meat Sauce/Bread Stick</b></p> <p>Sweet Potato Fries Green Beans Strawberry Applesauce Chilled Blueberries Assorted Fresh Fruit</p>
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>No School</b></p> 	<p><b>Fiestada Pizza/Salsa</b> <b>Breaded Chicken Sandwich</b> <b>Teriyaki Chicken/Rice</b></p> <p>Glazed Carrots Steamed Peas Strawberry Applesauce Apricots Assorted Fresh Fruit</p>	<p><b>Pepperoni French Bread*</b> <b>Pulled BBQ Pork on a Bun*</b> <b>French Toast Sticks/Egg Omelet</b></p> <p>Hash Brown Edamame 100% Juice Baked Apples Assorted Fresh Fruit</p>	<p><b>Spicy Chicken Tenders/Dinner Roll</b> <b>Real Slice Pepperoni Pizza*</b> <b>Orange Chicken &amp; Rice</b></p> <p>Green Beans Sweet Potato Fries Pears Orange Wedges Assorted Fresh Fruit</p>	<p><b>Corn Dog</b> <b>Garlic Cheese French Bread</b> <b>Queso &amp; Chips</b></p> <p>Baked Beans Italian Blend Vegetables Peaches Apple Slices Assorted Fresh Fruit</p>
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>Popcorn Chicken/Dinner Roll</b> <b>Breaded Mozzarella Sticks/Marinara</b> <b>Beef Enchiladas</b></p> <p>Potato Smiles Mixed Vegetables Thickened Strawberries Diced Pears Thickened Strawberries</p>	<p><b>Spicy Chicken Sandwich</b> <b>Pizza Crunchers</b> <b>Chicken &amp; Cheese Nachos</b></p> <p>Sweet Potato Cross Trax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit</p>	<p><b>Cheese Pizza</b> <b>Hot Dog on Bun*</b> <b>Chicken Fajitas/Salsa</b></p> <p>Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit</p>	<p><b>Chicken Nuggets/Dinner Roll</b> <b>Garlic Cheese French Bread</b> <b>General's Chicken Over Steamed Rice</b></p> <p>Italian Blend Vegetables Steamed Broccoli Fruit Cocktail Strawberry Kiwi Side Kick Assorted Fresh Fruit</p>	<p><b>Bacon* Cheese Burger</b> <b>Fiestada Pizza/Salsa</b> <b>Chicken &amp; Noodles/Dinner Roll</b></p> <p>California Blend Vegetables Mashed Potatoes Dried Fruit Mandarin Oranges Assorted Fresh Fruit</p>
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>Sloppy Joe on a Bun</b> <b>Breaded Chicken Patty on Bun</b> <b>Meatball Sub*</b></p> <p>Steamed Corn Edamame Diced Pears Peaches Assorted Fresh Fruit</p>	<p><b>Pork Chopette* on Bun</b> <b>Pepperoni French Bread*</b> <b>Orange Chicken/Rice</b></p> <p>Steamed Broccoli Sweet Potato Fries Thickened Strawberries Pineapple Assorted Fresh Fruit</p>	<p><b>BBQ Pork Rib on Bun*</b> <b>Stuffed Crust Pepperoni Pizza*</b> <b>Walking Taco</b></p> <p>Ranch Beans Oven Baked Fries Baked Apples Chilled Blueberries Assorted Fresh Fruit</p>		

Weekly Breakfast Menus Include Your Choice of Cereal/Toast, Bagel, Breakfast Pizza, Cinnamon Roll/Long John, French Toast Sticks, or a Bagel Breakfast Sandwich. All breakfast meals include fruit, 100% Juice and Milk. Join us for breakfast before school each morning beginning at 7:20 to help kick-start your learning. Breakfast Menu Offerings Vary Each Day.

\*Entrée May Contain Pork    Whole Grain Products Offered Daily    Menus Also Include the Fresh Fruits and Vegetables Offered Daily on the Vegetable Bar

Deli Sandwich Bar Offered Daily. A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.