Norwalk Lunch Menu Grades 6-8 September 2018

Choose an Entrée:	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
Entrée Selection	No School	Fiestada Pizza/Salsa	Pepperoni French Bread*	Spicy Chicken Tenders	Corn Dog
Entrée Selection	W 40.00	Breaded Chicken Sandwich	Pulled BBQ Pork on a Bun*	Real Slice Pepperoni Pizza*	Garlic Cheese French Bread
Entrée Selection		Sweet Thai Chili Chicken/Rice	French Toast Sticks/Egg Omelet	Orange Chicken & Rice	Queso & Chips
Optional Entrée Selection	HAPPY	Pasta Bar	7 33		Pasta Bar/Bread Stick
Choose Side Items:		Glazed Carrots	Hash Brown	Green Beans	Baked Beans
(Must choose at least 1		Steamed Peas	Edamame	Sweet Potato Fries	Hawkeye Corn
side to build a meal.)		Applesauce	100% Juice	Mandarin Oranges	Cyclone Side Kick
,		Fruit Cocktail	Grapes	Baked Apples	Peaches
		Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
Choose an Entrée:	10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY
Entrée Selection	Popcorn Chicken/Dinner Roll	Spicy Chicken Sandwich	Cheese Pizza	Chicken Nuggets/Dinner Roll	Bacon* Cheese Burger
Entrée Selection	Breaded Mozzarella Sticks/Marinara	Pizza Crunchers	Hot Dog on Bun*	Garlic Cheese French Bread	Fiestada Pizza/Salsa
Entrée Selection	Grilled Chicken Sandwich	Chicken & Cheese Nachos	Chicken Fajita/Salsa	Buffalo Chicken Crispito/Spanish Rice	Chicken & Noodles/Dinner Roll
Optional Entrée Selection	Grinea Chicken Janawich	Pasta Bar/Bread Stick	Chicken Fajita/ Saisa	Pasta Bar/Bread Stick	Chicken & Noodies/ Diffier Roll
Choose Side Items:	Potato Smiles	Sweet Potato Crosstrax Fries	Green Beans	Italian Blend Vegetables	California Blend Vegetables
(Must choose at least 1		Fiesta Black Beans	Scalloped Potatoes	Steamed Broccoli	Mashed Potatoes
side to build a meal.)	Mixed Vegetables Pears	Grapes	Peaches	Tropical Fruit	Mandarin Oranges
	Strawberries	Apple Crisp		<u>'</u>	Dried Fruit
	Assorted Fresh Fruit	Assorted Fresh Fruit	Applesauce Assorted Fresh Fruit	Pears Assorted Fresh Fruit	Assorted Fresh Fruit
Choose an Entrée:	17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY
Entrée Selection	Sloppy Joe on a Bun	Pork Chopette* on Bun	BBQ Pork Rib on Bun*	Chicken Tenders/Dinner Roll	Breaded Beef Patty on Bun
Entrée Selection	Breaded Chicken Patty on Bun	Pepperoni French Bread*	Stuffed Crust Pepperoni Pizza*	Italian Beef Sandwich	Chicken Sticks/Dinner Roll
	breaded Chicken Patty on Bull	• •	• •		·
I Entrás Colostian	Monthall Culh*	Orange Chicken/Rice	Malking Took		
Entrée Selection	Meatball Sub*	Orange Chicken/Rice	Walking Taco	French Toast/Sausage Patties*	Chicken Fajita Pasta/Bread Stick
Optional Entrée Selection	Pasta Bar/Bread Stick				Pasta Bar/Bread Stick
Optional Entrée Selection Choose Side Items:	Pasta Bar/Bread Stick Steamed Corn	Steamed Broccoli	Ranch Beans	Hash Brown	Pasta Bar/Bread Stick Glazed Carrots
Optional Entrée Selection Choose Side Items: (Must choose at least 1	Pasta Bar/Bread Stick Steamed Corn Edamame	Steamed Broccoli Sweet Potato Fries	Ranch Beans Oven Baked Fries	Hash Brown Mixed Vegetables	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables
Optional Entrée Selection Choose Side Items:	Pasta Bar/Bread Stick Steamed Corn Edamame Pears	Steamed Broccoli Sweet Potato Fries Pineapple	Ranch Beans Oven Baked Fries Orange Wedges	Hash Brown Mixed Vegetables Chilled Blueberries	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce
Optional Entrée Selection Choose Side Items: (Must choose at least 1	Pasta Bar/Bread Stick Steamed Corn Edamame Pears Peaches	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries	Ranch Beans Oven Baked Fries Orange Wedges Baked Apples	Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges
Optional Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.)	Pasta Bar/Bread Stick Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries Assorted Fresh Fruit	Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit	Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice Assorted Fresh Fruit	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges Assorted Fresh Fruit
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Optional Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) Choose an Entrée: Entrée Selection	Pasta Bar/Bread Stick Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit 24 MONDAY Philly Chicken Sandwich	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries Assorted Fresh Fruit 25 TUESDAY Chicken Tenders	Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit 26 WEDNESDAY Mini Corn Dogs	Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice Assorted Fresh Fruit 27 THURSDAY Spicy Chicken on a Bun	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges Assorted Fresh Fruit Z8 FRIDAY Garlic Cheese Bread
Optional Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) Choose an Entrée: Entrée Selection Entrée Selection	Pasta Bar/Bread Stick Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit 24 MONDAY Philly Chicken Sandwich Breaded Pork Fritter on a Bun*	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries Assorted Fresh Fruit 25 TUESDAY Chicken Tenders Cheese Stuffed Sticks/Marinara	Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit 26 WEDNESDAY Mini Corn Dogs Grilled Cheese Sandwich	Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice Assorted Fresh Fruit 27 THURSDAY Spicy Chicken on a Bun Cheese Pizza	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges Assorted Fresh Fruit 28 FRIDAY Garlic Cheese Bread BBQ Pork Rib Sandwich*
Optional Entrée Selection Choose Side Items: (Must choose at least 1 side to build a meal.) Choose an Entrée: Entrée Selection Entrée Selection Entrée Selection	Pasta Bar/Bread Stick Steamed Corn Edamame Pears Peaches Assorted Fresh Fruit 24 MONDAY Philly Chicken Sandwich Breaded Pork Fritter on a Bun* Baked Potato with Cheese/Biscuit	Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries Assorted Fresh Fruit 25 TUESDAY Chicken Tenders	Ranch Beans Oven Baked Fries Orange Wedges Baked Apples Assorted Fresh Fruit 26 WEDNESDAY Mini Corn Dogs	Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice Assorted Fresh Fruit 27 THURSDAY Spicy Chicken on a Bun	Pasta Bar/Bread Stick Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges Assorted Fresh Fruit 28 FRIDAY Garlic Cheese Bread BBQ Pork Rib Sandwich* Chicken Fajita/Salsa
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Weekly Breakfast Menus Include Your Choice of Cereal/Graham Crackers or Bagel, Breakfast Pizza, Cinnamon Roll/Long John, French Toast Sticks, or a Breakfast Sandwich. 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 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.