



Norwalk Lunch Menu Grades 9-12 September 2018

	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
<p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Optional Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>No School</p> 	<p>Fiestada Pizza/Salsa</p> <p>Breaded Chicken Sandwich</p> <p>Sweet Thai Chili Chicken/Rice</p> <p>Pasta Bar/Bread Stick</p> <p>Glazed Carrots</p> <p>Steamed Peas</p> <p>Applesauce</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>	<p>Pepperoni French Bread*</p> <p>Pulled BBQ Pork on a Bun*</p> <p>French Toast Sticks/Egg Omelet</p> <p>Hash Brown</p> <p>Edamame</p> <p>100% Juice</p> <p>Grapes</p> <p>Assorted Fresh Fruit</p>	<p>Spicy Chicken Tenders/Roll</p> <p>Real Slice Pepperoni Pizza*</p> <p>Orange Chicken & Rice</p> <p>Green Beans</p> <p>Sweet Potato Fries</p> <p>Mandarin Oranges</p> <p>Baked Apples</p> <p>Assorted Fresh Fruit</p>	<p>Corn Dog</p> <p>Garlic Cheese French Bread</p> <p>Queso & Chips</p> <p>Pasta Bar/Bread Stick</p> <p>Baked Beans</p> <p>Hawkeye Corn</p> <p>Cyclone Side Kick</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p> 
<p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Optional Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>10 MONDAY</p> <p>Popcorn Chicken/Dinner Roll</p> <p>Breaded Mozzarella Sticks/Marinara</p> <p>Grilled Chicken Sandwich</p> <p>Potato Smiles</p> <p>Mixed Vegetables</p> <p>Pears</p> <p>Strawberries</p> <p>Assorted Fresh Fruit</p>	<p>11 TUESDAY</p> <p>Spicy Chicken Sandwich</p> <p>Pizza Crunchers</p> <p>Chicken & Cheese Nachos</p> <p>Pasta Bar/Bread Stick</p> <p>Sweet Potato Crosstrax Fries</p> <p>Fiesta Black Beans</p> <p>Grapes</p> <p>Apple Crisp</p> <p>Assorted Fresh Fruit</p>	<p>12 WEDNESDAY</p> <p>Cheese Pizza</p> <p>Hot Dog on Bun*</p> <p>Chicken Fajitas/Salsa</p> <p>Green Beans</p> <p>Scalloped Potatoes</p> <p>Peaches</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p>	<p>13 THURSDAY</p> <p>Chicken Nuggets/Dinner Roll</p> <p>Garlic Cheese French Bread</p> <p>Buffalo Chicken Crispito/Spanish Rice</p> <p>Pasta Bar/Bread Stick</p> <p>Italian Blend Vegetables</p> <p>Steamed Broccoli</p> <p>Tropical Fruit</p> <p>Pears</p> <p>Assorted Fresh Fruit</p>	<p>14 FRIDAY</p> <p>Bacon* Cheese Burger</p> <p>Fiestada Pizza/Salsa</p> <p>Chicken & Noodles/Dinner Roll</p> <p>California Blend Vegetables</p> <p>Mashed Potatoes</p> <p>Mandarin Oranges</p> <p>Dried Fruit</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Optional Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>17 MONDAY</p> <p>Sloppy Joe on a Bun</p> <p>Breaded Chicken Patty on Bun</p> <p>Meatball Sub*</p> <p>Pasta Bar/Bread Stick</p> <p>Steamed Corn</p> <p>Edamame</p> <p>Pears</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p>	<p>18 TUESDAY</p> <p>Pork Chopette* on Bun</p> <p>Pepperoni French Bread*</p> <p>Orange Chicken/Rice</p> <p>Steamed Broccoli</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Thickened Strawberries</p> <p>Assorted Fresh Fruit</p>	<p>19 WEDNESDAY</p> <p>BBQ Pork Rib on Bun*</p> <p>Stuffed Crust Pepperoni Pizza*</p> <p>Walking Taco</p> <p>Ranch Beans</p> <p>Oven Baked Fries</p> <p>Orange Wedges</p> <p>Baked Apples</p> <p>Assorted Fresh Fruit</p>	<p>20 THURSDAY</p> <p>Chicken Tenders/Dinner Roll</p> <p>Italian Beef Sandwich</p> <p>French Toast/Sausage Patties*</p> <p>Hash Brown</p> <p>Mixed Vegetables</p> <p>Chilled Blueberries</p> <p>100% Juice</p> <p>Assorted Fresh Fruit</p>	<p>21 FRIDAY</p> <p>Breaded Beef Patty on Bun</p> <p>Chicken Sticks/Dinner Roll</p> <p>Chicken Fajita Pasta/Bread Stick</p> <p>Pasta Bar/Bread Stick</p> <p>Glazed Carrots</p> <p>Italian Blend Vegetables</p> <p>Applesauce</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p>
<p>Choose an Entrée:</p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Optional Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>24 MONDAY</p> <p>Philly Chicken Sandwich</p> <p>Breaded Pork Fritter on a Bun*</p> <p>Baked Potato with Cheese/Biscuit</p> <p>Pasta Bar/Bread Stick</p> <p>Steamed Broccoli</p> <p>Corn on the Cob</p> <p>Apple Slices</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>	<p>25 TUESDAY</p> <p>Chicken Tenders/Roll</p> <p>Cheese Stuffed Sticks/Marinara</p> <p>Frito Chili Pie/Cinnamon Roll</p> <p>Oregon Blend Vegetables</p> <p>Tater Gems</p> <p>Applesauce</p> <p>Banana</p> <p>Assorted Fresh Fruit</p>	<p>26 WEDNESDAY</p> <p>Mini Corn Dogs</p> <p>Grilled Cheese Sandwich</p> <p>Pancakes/Egg Omelet</p> <p>Hash Brown</p> <p>Edamame</p> <p>100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p>	<p>27 THURSDAY</p> <p>Spicy Chicken on a Bun</p> <p>Cheese Pizza</p> <p>Turkey & Gravy/Biscuit</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Mandarin Oranges</p> <p>Diced Pears</p> <p>Assorted Fresh Fruit</p>	<p>28 FRIDAY</p> <p>Garlic Cheese Bread</p> <p>BBQ Pork Rib Sandwich*</p> <p>Chicken Fajitas/Salsa</p> <p>Pasta Bar/Bread Stick</p> <p>Green Beans</p> <p>Baked Onion Rings</p> <p>Peaches</p> <p>Chilled Blueberries</p> <p>Assorted Fresh Fruit</p>

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.