



Norwalk Lunch Menu Grades 6-8 November 2018

	MONDAY	TUESDAY	WEDNESDAY	1 THURSDAY	2 FRIDAY
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	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.			Chicken Tenders Italian Beef Sandwich French Toast/Sausage Patties* Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice Assorted Fresh Fruit	
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	5 MONDAY Philly Chicken Sandwich Breaded Pork Fritter on a Bun Baked Potato with Cheese/Biscuit Steamed Broccoli Italian Blend Vegetables Apple Slices Apricots Assorted Fresh Fruit	6 TUESDAY Chicken Tenders Cheese Stuffed Sticks/Marinara Frito Chili Pie/Cinnamon Roll Oregon Blend Vegetables Tater Gems Applesauce Banana Assorted Fresh Fruit	7 WEDNESDAY Mini Corn Dogs Grilled Cheese Sandwich Pancakes/Egg Omelet Hash Brown Edamame 100% Fruit Juice Pineapple Tidbits Assorted Fresh Fruit	8 THURSDAY Spicy Chicken on a Bun Cheese Pizza Turkey & Gravy/Biscuit Mashed Potatoes Glazed Carrots Mandarin Oranges Diced Pears Assorted Fresh Fruit	9 FRIDAY Garlic Cheese Bread BBQ Pork Rib Sandwich* Chicken Fajita/Salsa Green Beans Baked Onion Rings Peaches Chilled Blueberries Assorted Fresh Fruit
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	12 MONDAY Fish Sandwich on a Bun Pepperoni French Bread Popcorn Chicken Potato Bowl/ Roll Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	13 TUESDAY Pizza Burger Drumstick/Dinner Roll Macaroni & Cheese Sugar Snap Peas Broccoli Apple Slices Pineapple Assorted Fresh Fruit	14 WEDNESDAY Chicken Parmesan Sandwich Garlic Cheese Bread Chicken Alfredo/Bread Stick Mixed Vegetables Italian Blend Vegetables Thickened Strawberries Grapes Assorted Fresh Fruit	15 THURSDAY Stuffed Crust Pepperoni Pizza* Corn Dog Beef & Cheese Nachos Ranch Beans Oven Baked Tater Gems Strawberry Applesauce Tropical Fruit Mix Assorted Fresh Fruit	16 FRIDAY Cheese Stuffed Sticks/Marinara BBQ Beef on a Bun Pancakes/ Egg Omelet Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	19 MONDAY Bosco Cheese Sticks/Marinara Chicken Tenders Oven Roasted Turkey/Biscuit Mashed Potatoes Green Beans Pineapple Thickened Strawberries Assorted Fresh Fruit	20 TUESDAY Breaded Chicken Sandwich Cheese Pizza Beef & Noodles/Dinner Roll Scalloped Potatoes Steamed Broccoli Fruit Choice Applesauce Assorted Fresh Fruit			
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i> <i>Entrée Selection</i> Choose Side Items: (Must choose at least 1 side to build a meal.)	26 MONDAY Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Grilled Chicken Sandwich Potato Smiles Mixed Vegetables Pears Peaches Assorted Fresh Fruit	27 TUESDAY Spicy Chicken Sandwich Pizza Crunchers Cheeseburger Macaroni Sweet Potato Crosstrax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit	28 WEDNESDAY Cheese Pizza Hot Dog on Bun* Chicken Fajita/Salsa Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit	29 THURSDAY Chicken Nuggets/Dinner Roll Garlic Cheese French Bread Pork Fritter on Bun Italian Blend Vegetables Steamed Broccoli Tropical Fruit Mandarin Oranges Assorted Fresh Fruit	30 FRIDAY Bacon* Cheese Burger Fiestada Pizza/Salsa Chicken & Noodles/Dinner Roll Crosstrax Sweet Potato Fries Mashed Potatoes Strawberry Applesauce Fruity Side Kick Assorted Fresh Fruit

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.