



Norwalk Lunch Menu Grades 9-12 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/Dinner Roll 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/Dinner Roll 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 Fajitas/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/Dinner Roll 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/Dinner Roll 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/Dinner Roll Sweet Potato Crosstrax Fries Fiesta Black Beans Grapes Apple Crisp Assorted Fresh Fruit	28 WEDNESDAY Cheese Pizza Hot Dog on Bun* Chicken Fajitas/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.