



## Norwalk Lunch Menu Grades 9-12 January 2019

	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><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></p> <p><b>Hot Dog on a Bun*</b></p> <p><b>Pasta Bar/Bread Stick</b></p> <p>Corn</p> <p>Edamame</p> <p>Mandarin Oranges</p> <p>Baked Cinnamon Apples</p> <p>Assorted Fresh Fruit</p>	<p><b>Chicken Parmesan Sandwich</b></p> <p><b>Garlic Cheese French Bread</b></p> <p><b>Soft Shell Beef Tacos/Salsa</b></p> <p>Peas</p> <p>Refried Beans</p> <p>Strawberries</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p>	
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<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>Cheese Burger</b></p> <p><b>Pizza Crunchers</b></p> <p><b>Loaded Baked Potato Soup/Cinnamon Roll</b></p> <p>Tater Tots</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Strawberries</p> <p>Assorted Fresh Fruit</p>	<p><b>Spicy Chicken Sandwich</b></p> <p><b>Mini Corn Dogs</b></p> <p><b>Macaroni &amp; Cheese/Bread Stick</b></p> <p>Sweet Potato Crosstrax Fries</p> <p>Fiesta Black Beans</p> <p>Pineapple</p> <p>Apple Crisp</p> <p>Assorted Fresh Fruit</p>	<p><b>Cheese Pizza</b></p> <p><b>Hot Dog on Bun*</b></p> <p><b>Chicken Fajitas/Salsa</b></p> <p>Green Beans</p> <p>Scalloped Potatoes</p> <p>Peaches</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p>	<p><b>Chicken Nuggets/Dinner Roll</b></p> <p><b>Garlic Cheese French Bread</b></p> <p><b>Grilled Chicken Sandwich</b></p> <p>Italian Blend Vegetables</p> <p>Steamed Broccoli</p> <p>Apple Slices</p> <p>Grapes</p> <p>Assorted Fresh Fruit</p>	<p><b>Bacon* Cheese Burger</b></p> <p><b>Fiestada Pizza/Salsa</b></p> <p><b>Chicken &amp; Noodles/Dinner Roll</b></p> <p>California Blend Vegetables</p> <p>Mashed Potatoes</p> <p>Mandarin Oranges</p> <p>Dried Fruit</p> <p>Assorted Fresh Fruit</p>	
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><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>Pork Chopette* on Bun</b></p> <p><b>Pepperoni French Bread*</b></p> <p><b>Orange Chicken/Rice</b></p> <p>Steamed Broccoli</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Thickened Strawberries</p> <p>Assorted Fresh Fruit</p>	<p><b>BBQ Pork Rib on Bun*</b></p> <p><b>Stuffed Crust Pepperoni Pizza*</b></p> <p><b>Walking Taco</b></p> <p>Ranch Beans</p> <p>Oven Baked Fries</p> <p>Orange Wedges</p> <p>Baked Apples</p> <p>Assorted Fresh Fruit</p>	<p><b>Chicken Tenders/Dinner Roll</b></p> <p><b>Italian Beef Sandwich</b></p> <p><b>French Toast/Sausage Patties*</b></p> <p>Hash Brown</p> <p>Mixed Vegetables</p> <p>Chilled Blueberries</p> <p>100% Juice</p> <p>Assorted Fresh Fruit</p>	<p><b>Fish Sticks/Dinner Roll</b></p> <p><b>Chicken Sticks/Dinner Roll</b></p> <p><b>Chicken Fajita Pasta/Bread Stick</b></p> <p>Glazed Carrots</p> <p>Italian Blend Vegetables</p> <p>Applesauce &amp; Mini Rice Krispy Treat</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p>
<p><b>Choose an Entrée:</b></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p><i>Entrée Selection</i></p> <p>Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p><b>Philly Chicken Sandwich</b></p> <p><b>Breaded Pork Fritter on a Bun</b></p> <p><b>Baked Potato with Cheese/Biscuit</b></p> <p>Steamed Broccoli</p> <p>Peas</p> <p>Apple Slices</p> <p>Apricots</p> <p>Assorted Fresh Fruit</p>	<p><b>Chicken Tenders/Dinner Roll</b></p> <p><b>Cheese Stuffed Sticks/Marinara</b></p> <p><b>Frito Chili Pie/Cinnamon Roll</b></p> <p>Green Beans</p> <p>Tater Gems</p> <p>Applesauce</p> <p>Banana</p> <p>Assorted Fresh Fruit</p>	<p><b>Mini Corn Dogs</b></p> <p><b>Grilled Cheese Sandwich</b></p> <p><b>Pancakes/Egg Omelet</b></p> <p>Hash Brown</p> <p>Edamame</p> <p>100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p>	<p><b>Spicy Chicken on a Bun</b></p> <p><b>Cheese Pizza</b></p> <p><b>Turkey &amp; Gravy/Biscuit</b></p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Mandarin Oranges</p> <p>Diced Pears</p> <p>Assorted Fresh Fruit</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>	

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.