





## Norwalk Lunch Menu Grades 9-12 February 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1	FRIDAY
<b>Choose an Entrée:</b> <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.)						<b>Garlic Cheese Bread</b> <b>BBQ Pork Rib Sandwich*</b> <b>Chicken Fajitas/Salsa</b> Green Beans Baked Onion Rings Peaches Chilled Blueberries Assorted Fresh Fruit
<b>Choose an Entrée:</b> <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.)	<b>4 MONDAY</b> <b>Fish Sandwich on a Bun</b> <b>Pepperoni French Bread</b> <b>Popcorn Chicken Potato Bowl/ Roll</b> Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit	<b>5 TUESDAY</b> <b>Pizza Burger</b> <b>Drumstick/Dinner Roll</b> <b>Macaroni &amp; Cheese/Dinner Roll</b> Sugar Snap Peas Broccoli Apple Slices Pineapple Assorted Fresh Fruit	<b>6 WEDNESDAY</b> <b>Chicken Parmesan Sandwich</b> <b>Garlic Cheese Bread</b> <b>Chicken Alfredo/Bread Stick</b> Mixed Vegetables Italian Blend Vegetables Thickened Strawberries Orange Wedges Assorted Fresh Fruit	<b>7 THURSDAY</b> <b>Stuffed Crust Pepperoni Pizza*</b> <b>Corn Dog</b> <b>Beef &amp; Cheese Nachos</b> Ranch Beans Oven Baked Tater Gems Strawberry Applesauce Tropical Fruit Mix Assorted Fresh Fruit	<b>8 FRIDAY</b> <b>Cheese Stuffed Sticks/Marinara</b> <b>BBQ Beef on a Bun</b> <b>Pancakes/ Egg Omelet</b> Hash Brown Glazed Carrots Blueberries 100% Juice Assorted Fresh Fruit	
<b>Choose an Entrée:</b> <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.)	<b>11 MONDAY</b> <b>Bosco Cheese Sticks/Marinara</b> <b>Chicken Tenders/Dinner Roll</b> <b>Salisbury Steak/Biscuit</b> Mashed Potatoes Green Beans Pineapple Thickened Strawberries Assorted Fresh Fruit	<b>12 TUESDAY</b> <b>Spicy Chicken Sandwich</b> <b>Cheese Burger on Bun</b> <b>Orange Chicken over Steamed Rice</b> Steamed Peas California Blend Vegetables Fresh Apple Slices Fruit Cocktail Assorted Fresh Fruit	<b>13 WEDNESDAY</b> <b>Breaded Chicken Sandwich</b> <b>Cheese Pizza</b> <b>Soft Shell Beef Tacos/Salsa</b> Refried Beans Steamed Cauliflower Apricots Applesauce Assorted Fresh Fruit	<b>14 THURSDAY</b> <b>Breaded Mozzarella Sticks/Marinara</b> <b>Hot Dog on a Bun*</b> <b>Beef &amp; Noodles/Dinner Roll</b> Scalloped Potatoes Steamed Broccoli Pears Mandarin Oranges Assorted Fresh Fruit	<b>15 FRIDAY</b> <b>Chicken Nuggets/Dinner Roll</b> <b>Hamburger on Bun</b> <b>Meatball Sub</b> Crosstrax Sweet Potato Fries Seasoned Corn Dried Fruit Peaches Assorted Fresh Fruit	
<b>Choose an Entrée:</b> <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.)	<b>18 MONDAY</b> <b>Popcorn Chicken/Dinner Roll</b> <b>Breaded Mozzarella Sticks/Marinara</b> <b>Chicken Tortilla Soup/Biscuit</b> Glazed Carrots & Presidential Cookies Steamed Peas Applesauce Fruit Cocktail Assorted Fresh Fruit 	<b>19 TUESDAY</b> <b>Pepperoni French Bread*</b> <b>Pulled BBQ Pork on a Bun*</b> <b>French Toast Sticks/Egg Omelet</b> Hash Brown Edamame 100% Juice Blueberries Assorted Fresh Fruit	<b>20 WEDNESDAY</b> <b>Fiestada Pizza/Salsa</b> <b>Breaded Chicken Sandwich</b> <b>Sweet Thai Chili Chicken/Rice</b> Green Beans Sweet Potato Fries Mandarin Oranges Baked Apples Assorted Fresh Fruit	<b>NO SCHOOL K-12</b>  <b>NO SCHOOL K-12</b>		
<b>Choose an Entrée:</b> <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.)	<b>25 MONDAY</b> <b>Cheese Burger</b> <b>Pizza Crunchers</b> <b>Loaded Baked Potato Soup/Cinnamon Roll</b> Tater Tots Steamed Broccoli Pears Strawberries Assorted Fresh Fruit	<b>26 TUESDAY</b> <b>Spicy Chicken Sandwich</b> <b>Mini Corn Dogs</b> <b>Cheeseburger Macaroni/Bread Stick</b> Sweet Potato Crosstrax Fries Fiesta Black Beans Pineapple Apple Crisp Assorted Fresh Fruit	<b>27 WEDNESDAY</b> <b>Cheese Pizza</b> <b>Hot Dog on Bun*</b> <b>Chicken Fajitas/Salsa</b> Green Beans Scalloped Potatoes Peaches Applesauce Assorted Fresh Fruit	<b>28 THURSDAY</b> <b>Chicken Nuggets/Dinner Roll</b> <b>Garlic Cheese French Bread</b> <b>Grilled Chicken Sandwich</b> Italian Blend Vegetables Steamed Broccoli Apple Slices Mandarin Oranges Assorted Fresh Fruit	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.	

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.