



Norwalk Lunch Menu Grades 6-8 April 2019



| | 1 MONDAY | 2 TUESDAY | 3 WEDNESDAY | 4 THURSDAY | 5 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>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>Bosco Cheese Sticks/Marinara</p> <p>Chicken Tenders</p> <p>Salisbury Steak/Biscuit</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Pineapple</p> <p>Thickened Strawberries</p> <p>Assorted Fresh Fruit</p> | <p>Spicy Chicken Sandwich</p> <p>Cheese Burger on Bun</p> <p>Orange Chicken over Steamed Rice</p> <p>Steamed Peas</p> <p>California Blend Vegetables</p> <p>Fresh Apple Slices</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p> | <p>Breaded Chicken Sandwich</p> <p>Cheese Pizza</p> <p>Soft Shell Beef Taco/Salsa</p> <p>Refried Beans</p> <p>Steamed Cauliflower</p> <p>Apricots</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p> | <p>Breaded Mozzarella Sticks/Marinara</p> <p>Hot Dog on a Bun*</p> <p>Beef & Noodles/Dinner Roll</p> <p>Scalloped Potatoes</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p> | <p>Chicken Nuggets/Dinner Roll</p> <p>Hamburger on Bun</p> <p>Walking Taco</p> <p>Fiesta Black Beans</p> <p>Seasoned Corn</p> <p>Dried Fruit</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>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>Popcorn Chicken/Dinner Roll</p> <p>Breaded Mozzarella Sticks/Marinara</p> <p>Hot Beef Sandwich with Gravy</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</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>Blueberries</p> <p>Assorted Fresh Fruit</p> | <p>Fiestada Pizza/Salsa</p> <p>Breaded Chicken Sandwich</p> <p>Sweet Thai Chili Chicken/Rice</p> <p>Glazed Carrots</p> <p>Steamed Peas</p> <p>Mandarin Oranges</p> <p>Baked Apples</p> <p>Assorted Fresh Fruit</p> | <p>Spicy Chicken Tenders/Roll</p> <p>Real Slice Pepperoni Pizza*</p> <p>Lasagna/Dinner Roll</p> <p>Green Beans</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Strawberries</p> <p>Assorted Fresh Fruit</p> | <p>Corn Dog</p> <p>Garlic Cheese French Bread</p> <p>Queso & Chips</p> <p>Baked Beans</p> <p>Corn</p> <p>Fruity Side Kick</p> <p>Mixed Berry Fruit Cup</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>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>Cheese Burger</p> <p>Pizza Crunchers</p> <p>Pasta with Meat Sauce/Breadstick</p> <p>Tater Tots</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Strawberries</p> <p>Assorted Fresh Fruit</p> | <p>Spicy Chicken Sandwich</p> <p>Mini Corn Dogs</p> <p>Cheeseburger Macaroni</p> <p>Sweet Potato Crosstrax Fries</p> <p>Fiesta Black Beans</p> <p>Pineapple</p> <p>Cherry Crisp</p> <p>Assorted Fresh Fruit</p> | <p>Cheese Pizza</p> <p>Hot Dog on Bun*</p> <p>Chicken Fajita/Salsa</p> <p>Green Beans</p> <p>Scalloped Potatoes</p> <p>Peaches</p> <p>Applesauce</p> <p>Assorted Fresh Fruit</p> | <p>Chicken Nuggets/Dinner Roll</p> <p>Garlic Cheese French Bread</p> <p>Grilled Chicken Sandwich</p> <p>Italian Blend Vegetables</p> <p>Steamed Broccoli</p> <p>Apple Slices</p> <p>Grapes</p> <p>Assorted Fresh Fruit</p> | <p>Beef Patty Melt</p> <p>Bosco Cheese Sticks/Marinara</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>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>Sloppy Joe on Bun</p> <p>Breaded Chicken Patty on Bun</p> <p>Meatball Sub*</p> <p>Steamed Corn</p> <p>Edamame</p> <p>Pears</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p> | <p>Pork Chopette on Bun*</p> <p>Pepperoni French Bread*</p> <p>Orange Chicken over Steamed Rice</p> <p>Steamed Broccoli</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Thickened Strawberries</p> <p>Assorted Fresh Fruit</p> | <p>BBQ Pork Rib on Bun*</p> <p>Stuffed Crust Cheese Pizza</p> <p>Beef & Cheese Tots/Warrior Waffle</p> <p>Ranch Beans</p> <p>Green Beans</p> <p>Orange Wedges</p> <p>Baked Apples</p> <p>Assorted Fresh Fruit</p> | <p>Chicken Tenders</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>Grilled Cheese Sandwich</p> <p>Chicken Sticks/Dinner Roll</p> <p>Chicken Fajita Pasta/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>Choose Side Items: (Must choose at least 1 side to build a meal.)</p> | <p>Chicken Leg/Dinner Roll</p> <p>Breaded Pork Fritter on Bun*</p> <p>Baked Potato with Ham & Cheese/Biscuit</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>Philly Chicken Sandwich</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>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.