



Norwalk Lunch Menu Grades 6-8 October 2019



| | MONDAY | 1 TUESDAY | 2 WEDNESDAY | 3 THURSDAY | 4 FRIDAY |
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| 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.) | | Pizza Burger Drumstick/Dinner Roll Chicken Alfredo Pasta Sugar Snap Peas Broccoli Thickened Strawberries Pineapple Assorted Fresh Fruit | Hot Dog on a Bun* Fish Sticks/Dinner Roll Beef & Cheese Nachos Ranch Beans Oven Baked Potato Wedges Apricots Fruit Cocktail Assorted Fresh Fruit | Stuffed Crust Pepperoni Pizza* Corn Dog Meatball Sub Sweet Potato Fries Steamed Peas Mandarin Oranges Strawberry Applesauce Assorted Fresh Fruit | 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.) | 7 MONDAY Bosco Cheese Sticks/Marinara Chicken Tenders Salisbury Steak/Biscuit Mashed Potatoes Green Beans Applesauce Peaches Assorted Fresh Fruit | 8 TUESDAY Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken over Steamed Rice Steamed Peas California Blend Vegetables Fresh Apple Slices Fruit Cocktail Assorted Fresh Fruit | 9 WEDNESDAY Breaded Chicken Sandwich Cheese Pizza Beef & Noodles/Dinner Roll Scalloped Potatoes Steamed Cauliflower Thickened Strawberries Pears Assorted Fresh Fruit | 10 THURSDAY Breaded Mozzarella Sticks/Marinara Hot Dog on a Bun* Soft-Shell Beef Taco/Salsa Refried Beans Steamed Broccoli Pineapple Mandarin Oranges Assorted Fresh Fruit | 11 FRIDAY Popcorn Chicken/Dinner Roll Hamburger on Bun Spaghetti & Meatballs/Breadstick Sweet Potato Fries Seasoned Corn Baked Spiced Apples Dried Fruit Assorted Fresh Fruit |

CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18

| | 14 MONDAY | 15 TUESDAY | 16 WEDNESDAY | 17 THURSDAY | 18 FRIDAY |
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| 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.) | | Fiestada Pizza/Salsa Breaded Chicken Sandwich Sweet Thai Chili Chicken/Rice Glazed Carrots Steamed Peas Applesauce Peaches Assorted Fresh Fruit | Pepperoni French Bread* Pulled BBQ Pork on a Bun* French Toast Sticks/Egg Omelet Hash Brown Edamame Strawberries Banana Assorted Fresh Fruit | Chicken Tenders Real Slice Pepperoni Pizza* Cheeseburger Macaroni/Roll Green Beans Sweet Potato Fries Mandarin Oranges Fruit Cocktail Assorted Fresh Fruit | Corn Dog Garlic Cheese French Bread Queso & Chips Baked Beans Scalloped Potatoes Apricots Strawberry Applesauce Assorted Fresh Fruit |

| | 21 MONDAY | 22 TUESDAY | 23 WEDNESDAY | 24 THURSDAY | 25 FRIDAY |
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| 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.) | 21 MONDAY Popcorn Chicken/Dinner Roll Breaded Mozzarella Sticks/Marinara Chicken Fajita/Salsa Oven Baked French Fries Mixed Vegetables Peaches/ and BB Lemon Cookies Thickened Strawberries Assorted Fresh Fruit | 22 TUESDAY Spicy Chicken Sandwich Pizza Crunchers Beef & Cheese Tots/Warrior Waffle Green Beans Fiesta Black Beans Orange Wedges Pears Assorted Fresh Fruit | 23 WEDNESDAY Real Slice Cheese Pizza Hot Dog on Bun* Meatball Sub Sweet Potato Fries Corn Apricots Applesauce Assorted Fresh Fruit | 24 THURSDAY Chicken Leg Garlic Cheese French Bread Macaroni & Cheese Italian Blend Vegetables Steamed Broccoli Pineapple Mandarin Oranges Assorted Fresh Fruit | 25 FRIDAY Bacon* Cheese Burger Fiestada Pizza/Salsa Chicken & Noodles/Dinner Roll California Blend Vegetables Mashed Potatoes 100% Juice Dried Fruit Assorted Fresh Fruit |

| | 28 MONDAY | 29 TUESDAY | 30 WEDNESDAY | 31 THURSDAY | |
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| 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.) | 28 MONDAY Sloppy Joe on a Bun Breaded Chicken Patty on Bun Teriyaki Chicken/Rice Steamed Corn Edamame Pears Strawberries Assorted Fresh Fruit | 29 TUESDAY Pork Chopette* on Bun Cheese Stuffed Sticks/Marinara Homemade Italian Pasta/Roll Steamed Broccoli Sweet Potato Fries Fruit Cocktail Mandarin Oranges Assorted Fresh Fruit | 30 WEDNESDAY BBQ Pork Rib on Bun* Stuffed Crust Pepperoni Pizza* Chicken Fajita Pasta/Bread Stick Glazed Carrots Potato Wedges Peaches Applesauce Assorted Fresh Fruit | 31 THURSDAY Chicken Tenders Italian Beef Sandwich French Toast/Sausage Patties* Hash Brown Mixed Vegetables Apple Slices Orange Cream Side Kick 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/Graham Crackers, 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 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.