




Norwalk Lunch Menu Grades 9-12 October 2019



	MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY	4 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.)		Pizza Burger Drumstick/Dinner Roll Chicken Alfredo/Dinner Roll 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/Dinner Roll 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 Tacos/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
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/Dinner Roll 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
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 Fajitas/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/Biscuit Garlic Cheese French Bread Macaroni & Cheese/Dinner Roll 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	
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/Dinner Roll 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.