



Norwalk Lunch Menu Grades 6-8 November 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	1 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>Sausage Pizza</p> <p>Chicken Sticks/Dinner Roll</p> <p>Walking Taco</p> <p>Refried Beans</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>4 MONDAY</p> <p>Philly Chicken Sandwich</p> <p>Bosco Cheese Sticks/Marinara</p> <p>Orange Chicken/Rice</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>5 TUESDAY</p> <p>Spicy Chicken Tenders</p> <p>BBQ Pork Rib on Bun*</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>6 WEDNESDAY</p> <p>Mini Corn Dogs</p> <p>Grilled Cheese Sandwich</p> <p>Pancakes/Egg Omelet</p> <p>Hash Brown</p> <p>Edamame</p> <p>100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Assorted Fresh Fruit</p>	<p>7 THURSDAY</p> <p>Garlic Cheese Bread</p> <p>Cheese Burger on a Bun</p> <p>Chicken Fajita/Salsa</p> <p>Green Beans</p> <p>Oven Baked Fries</p> <p>Peaches</p> <p>Chilled Blueberries</p> <p>Assorted Fresh Fruit</p>	<p>8 FRIDAY</p> <p style="text-align: center;"><i>NO SCHOOL K-12</i></p> <div style="text-align: center;">  </div>
<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>11 MONDAY</p> <p>Fiesta Pizza/Salsa</p> <p>Chicken Nuggets/Dinner Roll</p> <p>Build Your Own Macaroni/Roll</p> <p>Broccoli</p> <p>Steamed Peas</p> <p>Pears</p> <p>Apricots</p> <p>Assorted Fresh Fruit</p>	<p>12 TUESDAY</p> <p>Pizza Burger</p> <p>Drumstick/Dinner Roll</p> <p>Chicken Alfredo Pasta</p> <p>Sugar Snap Peas</p> <p>Baked Beans</p> <p>Thickened Strawberries</p> <p>Pineapple</p> <p>Assorted Fresh Fruit</p>	<p>13 WEDNESDAY</p> <p>Hot Dog on a Bun*</p> <p>Fish Sticks/Dinner Roll</p> <p>Beef & Cheese Nachos</p> <p>Ranch Beans</p> <p>Oven Baked Potato Wedges</p> <p>Peaches</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>	<p>14 THURSDAY</p> <p>Stuffed Crust Pepperoni Pizza*</p> <p>Corn Dog</p> <p>Meatball Sub</p> <p>Sweet Potato Fries</p> <p>Steamed Peas</p> <p>Mandarin Oranges</p> <p>Strawberry Applesauce</p> <p>Assorted Fresh Fruit</p>	<p>15 FRIDAY</p> <p>Cheese Stuffed Sticks/Marinara</p> <p>BBQ Beef on a Bun</p> <p>Pancakes/ Egg Omelet</p> <p>Hash Brown</p> <p>Glazed Carrots</p> <p>Blueberries</p> <p>100% Juice</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>18 MONDAY</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>Applesauce</p> <p>Peaches</p> <p>Assorted Fresh Fruit</p>	<p>19 TUESDAY</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>20 WEDNESDAY</p> <p>Breaded Chicken Sandwich</p> <p>Cheese Pizza</p> <p>Beef & Noodles/Dinner Roll</p> <p>Scalloped Potatoes</p> <p>Steamed Cauliflower</p> <p>Thickened Strawberries</p> <p>Pears</p> <p>Assorted Fresh Fruit</p>	<p>21 THURSDAY</p> <p>Breaded Mozzarella Sticks/Marinara</p> <p>Hot Dog on a Bun*</p> <p>Soft-Shell Beef Taco/Salsa</p> <p>Refried Beans</p> <p>Steamed Broccoli</p> <p>Pineapple</p> <p>Mandarin Oranges</p> <p>Assorted Fresh Fruit</p>	<p>22 FRIDAY</p> <p>Popcorn Chicken/Dinner Roll</p> <p>Hamburger on Bun</p> <p>Spaghetti & Meatballs/Breadstick</p> <p>Sweet Potato Fries</p> <p>Seasoned Corn</p> <p>Baked Spiced Apples</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>25 MONDAY</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>Strawberries</p> <p>Banana</p> <p>Assorted Fresh Fruit</p>	<p>26 TUESDAY</p> <p>Chicken Tenders</p> <p>Real Slice Pepperoni Pizza*</p> <p>Cheeseburger Macaroni/Roll</p> <p>Green Beans</p> <p>Sweet Potato Fries</p> <p>Mandarin Oranges</p> <p>Fruit Cocktail</p> <p>Assorted Fresh Fruit</p>	<p>27 WEDNESDAY</p>	<p>28 THURSDAY</p> <div style="text-align: center;">  </div>	<p>29 FRIDAY</p>

Weekly Breakfast Menus Include Your Choice of Cereal/Graham Crackers or Bagel, Breakfast Pizza, Cinnamon Roll/Long John, French Toast Sticks, or a 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.