



## Norwalk Lunch Menu Grades 6-8 January 2020

|                                                                                                                                                                                                    | MONDAY                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                              | 1 WEDNESDAY                                                                                                                                                                                                   | 2 THURSDAY                                                                                                                                                                                                                          | 3 FRIDAY                                                                                                                                                                                                                                            |
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| <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:<br/>(Must choose at least 1 side to build a meal.)</p> |                                                                                                                                              |                                                                                                                                                                                                                      |                                                                                                                                                                                                               |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                     |
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| <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:<br/>(Must choose at least 1 side to build a meal.)</p> | <p>13 MONDAY</p> <p>Spicy Chicken Sandwich<br/>Pizza Crunchers<br/>Baked Potato Soup/Cinnamon Roll</p> <p>Tater Tots<br/>Steamed Broccoli<br/>Pears<br/>Strawberries<br/>Assorted Fresh Fruit</p>                             | <p>14 TUESDAY</p> <p>BBQ Pork Rib Sandwich<br/>Mini Corn Dogs<br/>Macaroni &amp; Cheese</p> <p>Sweet Potato Fries<br/>Fiesta Black Beans<br/>Pineapple<br/>Apple Crisp<br/>Assorted Fresh Fruit</p>                  | <p>15 WEDNESDAY</p> <p>Cheese Pizza<br/>Hot Dog on Bun*<br/>Loaded Tots/Warrior Waffle</p> <p>Mixed Vegetables<br/>Scalloped Potatoes<br/>Peaches<br/>Applesauce<br/>Assorted Fresh Fruit</p>                 | <p>16 THURSDAY</p> <p>Chicken Nuggets/Dinner Roll<br/>Garlic Cheese French Bread<br/>Chicken Alfredo/Breadstick</p> <p>Italian Blend Vegetables<br/>Steamed Broccoli<br/>Apple Slices<br/>Fruit Choice<br/>Assorted Fresh Fruit</p> | <p>17 FRIDAY</p> <p>Bacon* Cheese Burger<br/>Fiestada Pizza/Salsa<br/>Chicken &amp; Noodles/Dinner Roll</p> <p>California Blend Vegetables<br/>Mashed Potatoes<br/>Mandarin Oranges<br/>Dried Fruit<br/>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:<br/>(Must choose at least 1 side to build a meal.)</p> | <p>20 MONDAY</p> <p style="text-align: center;"><b>NO SCHOOL!</b></p> <p style="text-align: center;"></p>                                  | <p>21 TUESDAY</p> <p>Chicken Patty on a Bun<br/>Pepperoni French Bread*<br/>Orange Chicken/Rice</p> <p>Steamed Broccoli<br/>Sweet Potato Fries<br/>Pineapple<br/>Thickened Strawberries<br/>Assorted Fresh Fruit</p> | <p>22 WEDNESDAY</p> <p>BBQ Pork Rib on Bun*<br/>Stuffed Crust Pepperoni Pizza*<br/>Walking Taco</p> <p>Ranch Beans<br/>Oven Baked Fries<br/>Orange Wedges<br/>Baked Apples<br/>Assorted Fresh Fruit</p>       | <p>23 THURSDAY</p> <p>Chicken Tenders<br/>Breaded Pork Fritter*<br/>French Toast/Sausage Patties*</p> <p>Hash Brown<br/>Mixed Vegetables<br/>Chilled Blueberries<br/>100% Juice<br/>Assorted Fresh Fruit</p>                        | <p>24 FRIDAY</p> <p>Cheeseburger with Crispy Onions<br/>Breaded Mozzarella Sticks/Marinara<br/>Chicken Fajita Pasta/Bread Stick</p> <p>Glazed Carrots<br/>Italian Blend Vegetables<br/>Applesauce<br/>Mandarin Oranges<br/>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:<br/>(Must choose at least 1 side to build a meal.)</p> | <p>27 MONDAY</p> <p>Chicken Nuggets/Roll<br/>Breaded Pork Fritter on a Bun<br/>Baked Potato with Cheese/Biscuit</p> <p>Steamed Broccoli<br/>Oven Baked Tots<br/>Apple Slices<br/>Apricots<br/>Assorted Fresh Fruit</p>        | <p>28 TUESDAY</p> <p>Philly Chicken Sandwich<br/>Cheese Stuffed Sticks/Marinara<br/>Frito Chili Pie/Cinnamon Roll</p> <p>Green Beans<br/>Corn<br/>Applesauce<br/>Banana<br/>Assorted Fresh Fruit</p>                 | <p>29 WEDNESDAY</p> <p>Mini Corn Dogs<br/>Grilled Cheese Sandwich<br/>Pancakes/Egg Omelet</p> <p>Hash Brown<br/>Edamame<br/>100% Fruit Juice<br/>Pineapple Tidbits<br/>Assorted Fresh Fruit</p>               | <p>30 THURSDAY</p> <p>Chicken Leg/Biscuit<br/>Garlic Cheese Bread<br/>Chicken &amp; Gravy/Biscuit</p> <p>Mashed Potatoes<br/>Glazed Carrots<br/>Mandarin Oranges<br/>Diced Pears<br/>Assorted Fresh Fruit</p>                       | <p>31 FRIDAY</p> <p>Fish Nuggets/Dinner Roll<br/>Chicken Sticks/Dinner Roll<br/>Lasagna Pasta/Bread Stick</p> <p>Oven Baked Fries<br/>Mixed Vegetables<br/>Fruit Choice<br/>Fruity Side Kick<br/>Assorted Fresh Fruit</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 7:30 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.