



Norwalk Lunch Menu Grades 9-12 February 2020



| | 3 | MONDAY | 4 | TUESDAY | 5 | WEDNESDAY | 6 | THURSDAY | 7 | 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 Chicken Nuggets/Dinner Roll Build Your Own Macaroni/Roll Broccoli Steamed Peas Pears Apricots Assorted Fresh Fruit | | Pizza Burger Drumstick/Dinner Roll Chicken Alfredo Pasta/Breadstick Sugar Snap Peas Baked Beans Thickened Strawberries Pineapple Assorted Fresh Fruit | | Hot Dog on a Bun* Pork Fritter on a Bun* Beef & Cheese Nachos Ranch Beans Oven Baked Potato Wedges Peaches 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.) | | Bosco Cheese Sticks/Marinara Chicken Tenders/Dinner Roll Salisbury Steak/Biscuit Mashed Potatoes Green Beans Applesauce Peaches Assorted Fresh Fruit | | Spicy Chicken Sandwich Cheese Burger on Bun Orange Chicken/Steamed Rice Steamed Peas California Blend Vegetables Fresh Apple Slices Fruit Cocktail Assorted Fresh Fruit | | Breaded Chicken Sandwich Cheese Pizza Beef & Noodles/Dinner Roll Scalloped Potatoes Steamed Cauliflower Thickened Strawberries Pears Assorted Fresh Fruit | | Breaded Mozzarella Sticks/Marinara Hot Dog on a Bun* Soft-Shell Beef Tacos/Salsa Refried Beans Steamed Broccoli Pineapple Mandarin Oranges Assorted Fresh Fruit | | Chicken Sticks/Dinner Roll Hamburger on Bun Spaghetti/Breadstick Sweet Potato Fries Seasoned Corn Baked Spiced Apples Dried Fruit 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.) | | Fish Sandwich Pizza Crunchers Popcorn Chicken Bowl/Dinner Roll Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Choice & Pkg. Cookies Assorted Fresh Fruit | | 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 Pears Fruit Cocktail Assorted Fresh Fruit | | Corn Dog Garlic Cheese French Bread Queso & Chips Baked Beans Scalloped Potatoes Apricots Strawberry Applesauce 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.) | | Sloppy Joe on a Bun Breaded Chicken Patty on Bun Teriyaki Chicken/Rice Steamed Corn Edamame Pears Strawberries Assorted Fresh Fruit | | Pork Chopette* on Bun Cheese Stuffed Sticks/Marinara Homemade Italian Pasta/Roll Steamed Broccoli Sweet Potato Fries Fruit Cocktail Mandarin Oranges Assorted Fresh Fruit | | BBQ Pork Rib on Bun* Stuffed Crust Cheese Pizza Chicken Fajita Pasta/Bread Stick Glazed Carrots Potato Wedges Peaches Applesauce Assorted Fresh Fruit | | Pizza Crunchers Italian Beef Sandwich French Toast/Sausage Patties* Hash Brown Mixed Vegetables Apple Slices Fruity Side Kick Assorted Fresh Fruit | | Chicken Nuggets/Dinner Roll Grilled Cheese Sandwich Meatball Sub Crosstrax Sweet Potato Fries Seasoned Peas Dried Fruit Peaches Assorted Fresh Fruit |



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.