

Norwalk Lunch Menu Grades 6-12 October 2020-GLUTEN FREE

Choose an Entrée: <i>Entrée Selection</i>						1 THURSDAY	2 FRIDAY
Side Choices						Walking Taco Fresh Broccoli Cantaloupe	GF Chicken Tenders Mixed Vegetables Granny Smith Apple Slices
Choose an Entrée: <i>Entrée Selection</i>	5 MONDAY	6 TUESDAY	7 WEDNESDAY	8 THURSDAY	9 FRIDAY		
Side Choices	GF Pepperoni Pizza* Baby Carrots Mixed Berry Cup	Homemade GF Garlic Cheese Bread Vegetable Choice Mandarin Oranges	Pulled Pork on a GF Bun French Fries Pears	Grilled Chicken Sandwich Glazed Carrots Fresh Fruit Selection	GF Chicken Tenders Fresh Veggies Peaches		
Choose an Entrée: <i>Entrée Selection</i>	12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY		
Side Choices	Cheese Burger on GF Bun Steamed Broccoli Fruit Choice	Deli Turkey Sandwich on GF Bun Baby Carrots Apple Wedges	No School Today!	GF Cheese Pizza Fresh Veggies Pineapple	Grilled Chicken Sandwich Potato Wedges Fruit Choice		
Choose an Entrée: <i>Entrée Selection</i>	19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY		
Side Choices	Homemade Garlic Cheese Bread Fresh Veggie Mix Baked Apples	Hot Dog on a GF Bun* Baked Beans Fresh Fruit Choice	Deli Turkey Sandwich on GF Bun Fresh Veggie Mix Mandarin Oranges	Chicken Fajita Meat/Tortilla Chips Thickened Strawberries Baby Carrots	Queso & Chips Refried Beans Apple Wedges		
Choose an Entrée: <i>Entrée Selection</i>	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY		
Side Choices	Hamburger on GF Bun Vegetable Choice Fresh Fruit Choice	GF Pancakes/Egg Omelet Hash Brown Potatoes Apricots	GF Cheese Pizza Green Beans Pears	GF Grilled Cheese Sandwich Baby Carrots Applesauce	GF Chicken Tenders Corn Apple Wedges		

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

A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.