



Norwalk Lunch Menu Grades 9-12 May 2024

Choose an Entrée:	MONDAY	TUESDAY	1	WEDNESDAY	2	THURSDAY	3	FRIDAY		
<p>Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection: Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	<p>A variety of fresh fruits and vegetable options are offered each day on our Garden Bar as part of the meal option. Students may complement each lunch meal with baby carrots, romaine lettuce, broccoli, cauliflower, assorted sweet peppers, tomatoes and/or legumes each day in addition to the published menu sides. They must take a minimum of 1/2 cup of a fruit and/or vegetable, along with 2 other food groups, to build a meal. A la carte items and menu sides are available to purchase if the student's meal account does not have restrictions and has a positive fund balance.</p>			<p>Breaded Chicken Sandwich Pepperoni* or Garlic Cheese Bread Pasta & Meat Sauce/Breadstick Deli Sandwich <i>or</i> Salad Bar Green Beans French Fries Pears Baked Apples Assorted Fresh Fruit</p>		<p>Pepperoni Pizza* Cheese Burger Chicken/Sweet & Sour Ramen Deli Sandwich <i>or</i> Salad Bar Steamed Corn Broccoli Orange Wedges Pineapple Assorted Fresh Fruit</p>		<p>Cheese Pizza Deluxe Chicken Sandwich Salisbury Steak/Gravy/Biscuit Deli Sandwich <i>or</i> Salad Bar Mashed Potatoes Glazed Carrots Fruit Cocktail Strawberries Assorted Fresh Fruit</p>		
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection: Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	6	<p>Variety of Pizza* Mozzarella Cheese Sticks/Marinara Meatball Sub Sandwich Deli Sandwich <i>or</i> Salad Bar Baked Beans Steamed Broccoli Apple Slices Pineapple Assorted Fresh Fruit</p>	7	<p>TUESDAY</p> <p>Dill Chicken Chunks/Dinner Roll Grilled Cheese Sandwich Walking Taco/Cheese/Salsa Deli Sandwich <i>or</i> Salad Bar Fiesta Black Beans Tater Tots Peaches Mandarin Oranges Assorted Fresh Fruit</p>	8	<p>WEDNESDAY</p> <p>Spicy Chicken Sandwich Philly Cheese Steak Pancakes/Sausage Patties* Deli Sandwich <i>or</i> Salad Bar Hash Brown Edamame Blueberries 100% Fruit Juice Assorted Fresh Fruit</p>	9	<p>THURSDAY</p> <p>Glazed or Mesquite Drumstick/Biscuit Cheese Stuffed Sticks/Marinara Pasta & Meat Sauce/Breadstick Deli Sandwich <i>or</i> Salad Bar Sweet Potato Fries Corn Strawberries Pears Assorted Fresh Fruit</p>	10	<p>FRIDAY</p> <p>Breaded Pork Fritter* on Bun Chicken Tenders/Dinner Roll Beef & Noodles/Dinner Roll Deli Sandwich <i>or</i> Salad Bar Mashed Potatoes Peas Apricots Cinnamon Applesauce Assorted Fresh Fruit</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Entrée Selection: Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	13	<p>MONDAY</p> <p>Hot Dog on a Bun* Breaded Chicken Sandwich Macaroni & Cheese/Breadstick Deli Sandwich <i>or</i> Salad Bar Steamed Peas Baked Beans Mandarin Oranges Applesauce Cup Assorted Fresh Fruit</p>	14	<p>TUESDAY</p> <p>Chicken Nuggets/Dinner Roll Pizza Crunchers Chicken Fajitas/Salsa/Cheese Deli Sandwich <i>or</i> Salad Bar French Fries Green Beans Peaches Pineapple Assorted Fresh Fruit</p>	15	<p>WEDNESDAY</p> <p>Spicy Chicken Tenders/Dinner Roll Country Fried Beef Sandwich Beef Soft Tacos/Cheese/Salsa Deli Sandwich <i>or</i> Salad Bar Refried Beans Steamed Broccoli Pears Apricots Assorted Fresh Fruit</p>	16	<p>THURSDAY</p> <p>Deluxe Chicken Sandwich Garlic Cheese French Bread Chicken Fajita Pasta/Breadstick Deli Sandwich <i>or</i> Salad Bar Steamed Corn Fiesta Black Beans Strawberries Fruit Cocktail Assorted Fresh Fruit</p>	17	<p>FRIDAY</p> <p>Cheese Burger Pepperoni Pizza* French Toast Sticks/Cheese Omelet Deli Sandwich <i>or</i> Salad Bar Hash Brown Glazed Carrots Blueberries 100% Fruit Juice Assorted Fresh Fruit</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	20	<p>MONDAY</p> <p>Corn Dog or Mini Corn Dogs Popcorn Chicken/Dinner Roll Deli Sandwich <i>or</i> Salad Bar Steamed Broccoli Corn Apple Slices Pineapple</p>	21	<p>TUESDAY</p> <p>Cheese Pizza Breaded Chicken Sandwich Deli Sandwich <i>or</i> Salad Bar Edamame Steamed Peas Apricots Applesauce</p>	22	<p>WEDNESDAY</p> <p>Chicken Tenders/Roll Pancakes/Cheese Omelet Deli Sandwich <i>or</i> Salad Bar Hash Brown Vegetable Choice 100% Juice Cup Blueberries</p>	23	<p>THURSDAY</p> <p>Cheese Burger on Bun Bosco or Cheese Stuffed Sticks Deli Sandwich <i>or</i> Salad Bar Vegetable Choice Baked Beans Fruit Choice Mandarin Oranges</p>	24	<p>FRIDAY</p> <p>Cook's Choice (refer to Nutri-Slice) Cheese Pizza Deli Turkey on Bun Glazed Carrots Sweet Potato Fries Pears Peaches</p>
<p>Choose an Entrée: Entrée Selection: Entrée Selection: Entrée Selection: Choose Side Items: (Must choose at least 1 side to build a meal.)</p>	27	<p>MONDAY</p> <p align="center">Happy Memorial Day!</p> 	28	<p>TUESDAY</p> <p>Cook's Choice (refer to Nutri-Slice) Breaded Chicken Sandwich Deli Sandwich <i>or</i> Salad Bar Vegetable Choice Baked Beans Fruit Choice Mandarin Oranges</p>	29	<p>WEDNESDAY</p> <p align="center">Sack Lunch Option Only</p> <p>Deli Turkey on Bun Baby Carrots Celery Sticks Applesauce Cup Craisins</p>	30	<p>THURSDAY</p>	31	<p>FRIDAY</p> 

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.

Please bring your student ID/ lunch card each day so that we may efficiently serve you!