

Norwalk Lunch Menu Grades 9-12 September 2024

Choose an Entrée:	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
<p><i>Entrée Selection:</i></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><b>No School Today!</b></p> 	<p><b>Breaded Pork* Steak on a Bun</b>  <b>Breaded Chicken Sandwich</b>  <b>Macaroni &amp; Cheese/Bread Stick</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Corn                      Steamed Peas Seasoned with Dill                      Mandarin Oranges                      Grapes                      Assorted Fresh Fruit</p>	<p><b>Spicy Chicken Tenders &amp; Roll</b>  <b>Beef Philly Cheese Steak</b>  <b>Walking Taco</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Refried Beans                      Steamed Broccoli                      Pears                      Apricots                      Assorted Fresh Fruit</p>	<p><b>Cheeseburger</b>  <b>Pepperoni Pizza*</b>  <b>Orange Chicken/Rice</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Hash Brown                      Seasoned Italian Blend Vegetables                      Baked Apples                      Peaches                      Assorted Fresh Fruit</p>	<p><b>Garlic Cheese Bread</b>  <b>Deluxe Chicken Sandwich</b>  <b>Chicken Fajita Pasta/Breadstick</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Green Beans                      Seasoned Potato Wedges                      Fruit Cocktail                      Strawberries                      Assorted Fresh Fruit</p>
<p><i>Entrée Selection:</i></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><b>Corn Dog</b>  <b>Breaded Mozzarella Sticks/Marinara</b>  <b>Sweet &amp; Sour Chicken/Ramen</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Sweet Potato Fries                      Corn                      Apple Slices                      Pineapple                      Assorted Fresh Fruit</p>	<p><b>Spicy Chicken Sandwich</b>  <b>Cheese Pizza</b>  <b>Beef &amp; Noodles/Dinner Roll</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Mashed Potatoes                      Steamed Peas                      Orange Wedges                      Pears                      Assorted Fresh Fruit</p>	<p><b>BBQ Pork Rib*</b>  <b>Popcorn Chicken/Roll</b>  <b>Queso Blanco/Tortilla Chips</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Fiesta Black Beans                      Green Beans                      Cinnamon Applesauce                      Apricots                      Assorted Fresh Fruit</p>	<p><b>Chicken Drumstick/Biscuit</b>  <b>Cheese Stuffed Sticks/Marinara</b>  <b>Baked Potato Bar/Biscuit</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Broccoli                      Glazed Carrots                      Fruit Cocktail                      Mandarin Oranges                      Assorted Fresh Fruit</p>	<p><b>Hamburger</b>  <b>Pepperoni French Bread</b>  <b>Pancakes/Cheese Omelet</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Edamame                      Hash Brown                      Strawberries                      Peaches                      Assorted Fresh Fruit</p>
<p><i>Entrée Selection:</i></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><b>Mini Corn Dogs</b>  <b>Fiestada Pizza/Salsa</b>  <b>Chicken Crisпитos/Cheese Sauce/Salsa</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Refried Beans                      Steamed Broccoli                      Craisins                      Applesauce                      Assorted Fresh Fruit</p>	<p><b>Cheeseburger</b>  <b>Individual Pepperoni Pizza*</b>  <b>Chicken &amp; Noodles/Dinner Roll</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Green Beans                      Mashed Potatoes                      Grapes                      Strawberries                      Assorted Fresh Fruit</p>	<p><b>Breaded Chicken Sandwich</b>  <b>Garlic Cheese Bread</b>  <b>Spaghetti &amp; Meat Sauce/Breadstick</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Edamame                      Glazed Carrots                      Pears                      Apple Slices                      Assorted Fresh Fruit</p>	<p><b>Chicken Tenders/Roll</b>  <b>Bosco Cheese Sticks/Marinara</b>  <b>French Toast Sticks/Cheese Omelet</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Hash Brown                      Italian Blend Vegetables                      100% Fruit Juice                      Chilled Blueberries                      Assorted Fresh Fruit</p>	<p><b>Cheese Pizza</b>  <b>Deluxe Chicken Sandwich</b>  <b>Salisbury Steak/Gravy/Biscuit</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Scalloped Potatoes                      Steamed Peas                      Mandarin Oranges                      Pineapple                      Assorted Fresh Fruit</p>
<p><i>Entrée Selection:</i></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><b>Chicken Nuggets/Roll</b>  <b>Pizza Crunchers</b>  <b>Turkey &amp; Gravy/Biscuit</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Mashed Potatoes                      Green Beans                      Apple Slices                      Apricots                      Assorted Fresh Fruit</p>	<p><b>Hamburger</b>  <b>Garlic Cheese Bread</b>  <b>Chicken Fajitas/Salsa/Cheese</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Steamed Broccoli                      Baked Beans                      Mandarin Oranges                      Fruit Cocktail                      Assorted Fresh Fruit</p>	<p><b>BBQ Beef Rib on Bun</b>  <b>Spicy Chicken Sandwich</b>  <b>Pancakes/Sausage Patties*</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Hash Brown                      Glazed Carrots                      100% Fruit Juice                      Chilled Blueberries                      Assorted Fresh Fruit</p>	<p><b>Grilled Chicken Sandwich</b>  <b>Stuffed Crust Cheese Pizza</b>   <b>Beef &amp; Cheese Lasagna/Bread Stick</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Peas                      Corn                      Peaches                      Applesauce Cup                      Assorted Fresh Fruit</p>	<p><b>No School Today!</b></p> <p> <b>Lasagna Recipe Courtesy of Melanie Bower</b></p>
<p><i>Entrée Selection:</i></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><b>Dill Seasoned Chicken Chunks/Roll</b>  <b>Breaded Mozzarella Sticks/Marinara</b>  <b>Meatball Sub Sandwich</b>  <b>Deli Sandwich <i>or</i> Salad Bar</b>                      Glazed Carrots                      Steamed Edamame                      Thickened Strawberries                      Apricots                      Assorted Fresh Fruit</p>	<p><b>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.</b></p>			<p><b>MEAL PRICES FOR 2024-2025</b>                      GRADES 6-12 BREAKFAST \$2.25                      REDUCED PRICED BF \$.30                      GRADES 6-12 LUNCH \$3.30                      REDUCED PRICED LUNCH \$.40                      SECOND ENTRÉE \$3.30                      SECOND MEAL BUNDLE \$3.80                      ADULT LUNCH \$5.00/BF \$2.75</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!**