


Norwalk Lunch Menu Grades 9-12 October 2022

Choose an Entrée:	3	MONDAY	4	TUESDAY	5	WEDNESDAY	6	THURSDAY	7	FRIDAY
<i>Entrée Selection:</i> <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.)		Chicken Tenders/Dinner Roll Stuffed Crust Cheese Pizza Italian Meatball Sub Deli Sandwich or Protein Pack or Salad Bar Scalloped Potatoes Green Beans Apple Slices Apricots		Cheese Burger Pepperoni French Bread* Salisbury Steak/Gravy/WG Biscuit Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Broccoli Pears Pineapple		Breaded Pork Fritter* on Bun Grilled Cheese Sandwich Pasta with Meat Sauce/Breadstick Deli Sandwich or Protein Pack or Salad Bar Baked Beans Mixed Vegetables Thickened Strawberries Craisins		Mini Corn Dogs Garlic Cheese Bread Pancakes/Sausage Patties* Deli Sandwich or Protein Pack or Salad Bar Hash Browns Italian Blend Vegetables Chilled Blueberries 100% Orange Juice		Cheese Stuffed Sticks/Marinara Chicken Leg & WG Biscuit Walking Taco Deli Sandwich or Protein Pack or Salad Bar Steamed Broccoli Corn Pineapple Fruit Cocktail
<i>Entrée Selection:</i> <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.)	10	NO SCHOOL TODAY! National School Lunch Week 	11	Cheese Stuffed Sticks/Marinara Burger with Crispy Onion Strips Orange Chicken/WG Rice Deli Sandwich or Protein Pack or Salad Bar Oven Baked Fries Broccoli Pears & WG Chocolate Chip Cookie Pineapple	12	Soft Pretzel with Cheese Sauce Breaded Chicken Sandwich Chicken Fajita Mac & Cheese/Breadstick Deli Sandwich or Protein Pack or Salad Bar Glazed Carrots Green Beans Strawberry Applesauce Fresh Oranges	13	Grilled Chicken Sandwich Breaded Mozzarella Sticks/Marinara French Toast Sticks/Sausage Patties* Deli Sandwich or Protein Pack or Salad Bar Hash Browns Steamed Corn 100% Juice Cup Apple Slices	14	Deep Dish Cheese Pizza Deluxe Chicken Sandwich Build Your Mac & Cheese/Pulled Pork*/Roll Deli Sandwich or Protein Pack or Salad Bar Tater Gems Steamed Peas Mandarin Oranges Blueberries
<i>Entrée Selection:</i> <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.)	17	Spicy Chicken Tenders/Dinner Roll Cheese Burger Popcorn Chicken Bowl/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Corn Mashed Potatoes Craisins Pears	18	Chicken Nuggets/Breadstick Breaded Mozzarella Sticks/Marinara Chicken Alfredo/Breadstick Deli Sandwich or Protein Pack or Salad Bar Edamame Glazed Carrots Apple Crisp Mandarin Oranges	19	Bosco Cheese Sticks/Marinara Breaded Chicken Sandwich Mini Pancakes/Scrambled Eggs Deli Sandwich or Protein Pack or Salad Bar Steamed Peas Hash Brown Applesauce Fruit Cocktail	20	Chicken Drumstick/Biscuit Pizza Crunchers Baked Potato Bar/Biscuit Deli Sandwich or Protein Pack or Salad Bar Green Beans Broccoli Grapes Pineapple	21	Corn Dog Garlic Cheese French Bread Pasta Bar/Garlic Breadstick Deli Sandwich or Protein Pack or Salad Bar Mixed Vegetables Baked Beans Peaches Chilled Blueberries
<i>Entrée Selection:</i> <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.)	24	Cheese Stuffed Sticks/Marinara Spicy Chicken Sandwich Orange Chicken/WG Rice Deli Sandwich or Protein Pack or Salad Bar Carrots Steamed Broccoli Apple Slices Pineapple	25	Cheese Pizza Hot Dog on Bun* Macaroni & Cheese/Breadstick Deli Sandwich or Protein Pack or Salad Bar Baked Beans Green Beans Mandarin Oranges Applesauce	26	Pepperoni Calzone Cheese Burger on a Bun Soft Beef Tacos Deli Sandwich or Protein Pack or Salad Bar Refried Beans/Shredded Cheese Italian Vegetables Pears Blueberries	27	Chicken Nuggets/Dinner Roll Fiestada Beef Taco Pizza Queso Blanco/Tortilla Chips Deli Sandwich or Protein Pack or Salad Bar Steamed Corn/Fiesta Taco Beans Chef's Fresh Pico de Gallo Peaches Grapes	28	BBQ Pork Rib on Bun* Breaded Mozzarella Sticks/Marinara Chicken & Noodles/Dinner Roll Deli Sandwich or Protein Pack or Salad Bar Mashed Potatoes Italian Blend Vegetables Fruit Slushy Fruit Cocktail
<i>Entrée Selection:</i> <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.)	31	MONDAY Chicken Tenders/Dinner Roll Stuffed Crust Cheese Pizza Italian Meatball Sub Deli Sandwich or Protein Pack or Salad Bar Scalloped Potatoes Green Beans Apple Slices Apricots								

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 as Part of the Meal. Menu is subject to change without notice. USDA is an equal opportunity provider.

Please bring your lunch card each day so that we may efficiently serve you! Take a picture of it! Replacement cards are \$10.00 each.