

# SEPTEMBER 2015

## Norwalk City Schools Lunch Menu

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| AUGUST 31<br>Chicken<br>Fajita/Cheese<br>Black Beans<br>Assorted Fruit<br>Rice Krispy Treat | 1<br>Cheese-Filled<br>Breadstick/Marinara<br>Sauce/ Green Salad<br>Pears            | 2<br>Grilled Chicken<br>Sandwich<br>Corn<br>Applesauce                        | 3<br>Egg /Cheese Omelet<br>Hash Brown<br>Pineapple<br>Whole Grain Muffin         | 4<br>Salisbury Steak<br>Mashed Potatoes<br>Peaches<br>Dinner Roll         |
| 7<br><br>Labor Day<br><br>No School   | 8<br>Chicken Patty<br>Sandwich<br>Green Beans<br>Fruit Cocktail                     | 9<br>Taco w/ Tortilla<br>Chips/Lettuce/<br>Cheese/Salsa<br>Apple<br>Cornbread | 10<br>Hot Dog<br>Sweet Potato Fries<br>Pineapple                                 | 11<br>Cheese Pizza<br>Green Salad<br>Pears<br>Teddy Grahams               |
| 14<br>Shredded Chicken<br>Sandwich<br>Peas<br>Mandarin Oranges                              | 15<br>Pasta w/ Meat Sauce<br>Green Salad<br>Applesauce<br>Whole Grain<br>Breadstick | 16<br>Chicken Nuggets<br>Mashed Potatoes<br>Pineapple Chunks<br>Dinner Roll   | 17<br>Beef Soft Taco<br>Cheese and Lettuce<br>Refried Beans<br>Peaches           | 18<br>Macaroni & Cheese<br>Steamed Broccoli<br>Pears<br>Soft Pretzel      |
| 21<br>Corn Dog<br>Oven Baked Fries<br>Pineapple Chunks<br>Graham Snacks                     | 22<br>Cheese Pizza<br>Green Salad<br>Pears  | 23<br>Popcorn Chicken<br>Steamed Corn<br>Peaches                              | 24<br>Walking Taco<br>Refried Beans<br>Apple<br>Whole Grain Cookie               | 25<br>Cheeseburger<br>Steamed Green<br>Beans<br>Fruit Cocktail            |
| 28<br>Chicken<br>Fajita/Cheese<br>Black Beans<br>Assorted Fruit<br>Rice Krispy Treat        | 29<br>Cheese-Filled<br>Breadstick/Marinara<br>Sauce/ Green Salad<br>Pears           | 30<br>Grilled Chicken<br>Sandwich<br>Corn<br>Applesauce                       | OCTOBER 1<br>Egg /Cheese Omelet<br>Hash Brown<br>Pineapple<br>Whole Grain Muffin | OCTOBER 2<br>Salisbury Steak<br>Mashed Potatoes<br>Peaches<br>Dinner Roll |

**Breakfast**  
**K-8 \$1.30**  
**9-12 \$1.55**  
**Lunch**  
**K-4 \$2.25**  
**5-8 \$2.40**  
**9-12 \$2.75**  
**Milk .55**

**WE OFFER CELERY, CARROTS,  
 AND BROCCOLI EACH DAY  
 ASSORTED FRESH FRUIT IS  
 OFFERED EACH DAY**

**Salad Bar offered daily  
 grades 5-12  
 All meals include milk**

NO SCHOOL September 7 LABOR DAY