

# Norwalk HS Lunch Menu

## May 2021

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### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
 Choice of Vegetable, Choice of Fruit\*  
 Choice of Grain/Bread,  
 and Choice of Milk

\*Students must choose at least one fruit or vegetable



### Fresh Fruits and Vegetables Offered Daily

Vegetable Bar      Fruit Bar  
 Limited during Covid      Limited during Covid

**MENUS SUBJECT TO CHANGE**



### Milk Choices Offered Daily

Low Fat Chocolate and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
<b>3</b> <b>Chicken Nuggets with Sliced Bread</b> Mixed Vegetables Diced Peaches Choice of Milk	<b>4</b> <b>Beef &amp; Cheese Nachos</b> Black Beans Mandarin Oranges Choice of Milk	<b>5</b> <b>Chicken Tenders with Dinner Roll</b> Seasoned Carrots Pineapple Tidbits Choice of Milk	<b>6</b> <b>Chicken &amp; Noodles with Sliced Bread</b> Mashed Potatoes Diced Pear Choice of Milk	<b>7</b> <b>Pizza</b> Steamed Broccoli Mixed Fruit Choice of Milk	Coming Soon
<b>10</b> <b>Spicy Chicken Patty on a Bun</b> Seasoned Corn Pineapple Tidbits Choice of Milk	<b>11</b> <b>Cheeseburger on a Bun</b> French Fries Diced Pears Choice of Milk	<b>12</b> <b>Cold Ham &amp; Cheese Hoagie</b> Fresh Baby Carrots Diced Peaches Choice of Milk	<b>13</b> <b>Beef &amp; Noodles with Dinner Roll</b> Seasoned Green Beans Mixed Fruit Choice of Milk	<b>14</b> <b>Italian Dunkers with Marinara</b> Glazed Carrots Mandarin Oranges Choice of Milk	Coming Soon
<b>17</b> <b>Chili Dogs on a Bun with Cheese (2)</b> French Fries Pineapple Tidbits Choice of Milk	<b>18</b> <b>Beef Burrito Bowl with Rice</b> Refried Beans Diced Peaches Choice of Milk	<b>19</b> <b>BBQ Puller Pork on a Bun</b> Garden Salad Cinnamon Apples Choice of Milk	<b>20</b> <b>Chicken Sliders on a Bun (2)</b> Seasoned Green Peas Mixed Fruit Choice of Milk	<b>21</b> <b>Pizza</b> Seasoned Carrots Diced Pears Choice of Milk	Coming Soon
<b>24</b> <b>Popcorn Chicken with Slice Bread</b> Glazed Carrots Applesauce Choice of Milk	<b>25</b> <b>Meatball Sub with Cheese</b> French Fries Diced Peaches Choice of Milk	<b>26</b> <b>Chicken Patty on a Bun</b> Seasoned Green Beans Diced Pears Choice of Milk	<b>27</b> <b>Salisbury Steak with Gravy and Dinner Roll</b> Mashed Potatoes Fresh Apple Choice of Milk	<b>28</b> <b>Bosco Sticks (2)</b> Seasoned Corn Cinnamon Sliced Apples Choice of Milk	Coming Soon
<b>31</b> <b>NO SCHOOL</b>					Lunch Prices:  Currently meals are at NO cost to Students.
This Institution is an Equal Opportunity Provider.					