Welcome to our Lunch Cafe

Norwalk Side by Side Elementary

Wednesday

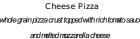
Thursday



HARVES

We proudly support clean, organic, local

and sustainable agriculture.
Weekly Alternate Meal: Whole Wheat Bagel & Organic Yogurt



Pepperoni Pizza

cheese pizza topped with pepperoni

Caesar Salad Veggie Dippers

Sliced Oranges

Applesauce

LABOR DAY

Pancakes & Sausage ight and fluffy pancakes served with a sausage patt

> Syrup Hash Browns Carrots Fresh Apple **Diced Peaches**

Chicken Parmesan Over Pasta oven baked chicken topped with sauce and multe cheese, all over pasta

Steamed Broccoli Red Pepper Strips Fresh Red Grapes Diced Pears

Cheese Quesadilla freshly grilled flour tortilla with melty cheese

> Mild Salsa Black Beans Pineapple Tidbits

Cheese Pizza crispy pizza dough topped with tonato sauce and

Pepperoni Pizza Garden Salad

Green Pepper Slices

Fresh Orange Applesauce

ROUND PIZZA

NO SCHOOL!

Chicken Tenders

crispy chicken tenders perfect for dipping in your

favorite sauce

Mashed Potatoes

Fresh Apple

Pineapple Tidbits

Mixed Up Chicken

golden chicken nuggets and chicken tenders with a

dinner rdl

Tator Tots

Fresh Orange

Diced Pears

Weekly Alternate Meal: Fresh Caesar Salad with Chicken

12

19

Weekly Alternate Meal: Organic Yogurt Parfait

26

French Toast

French toast baked to perfection

Svrup

Carrots

Diced Peaches

Waffles

whole grain waffles

Syrup

Turkey Sausage Patty

Carrots

Fresh Apple

Pineapple Tidbits

Baked Pasta with Cheese asta topped with melted cheese, baked to perfection

Tomato Salad Berry Cup Diced Pears

Chicken & Vegetable Rice Bowl fluffy rice topped with vegetable stir fry and baked

> chicken Chickpea Salad Banana Pineapple Tidbits

Cheese Pizza whole grain pizza crust topped with rich tomato sauc

and melted mozzarella cheese

Pepperoni Pizza cheese pizza topped with pepperoni

> Caesar Salad Veggie Dippers Fresh Orange Applesauce

Weekly Alternate Meal: Fresh Spinach Salad with Chicken

Stuffed Bread Sticks baked bread sticks filled with melted cheese

> Tomato Sauce Dip Caesar Salad Veggie Dippers Melon Cup Diced Pears

ROSH **HASHANAH** NO SCHOOL!

Cheese Pizza crispy pizza dough topped with tomato sauce and

> melted cheese Pepperoni Pizza Garden Salad Green Pepper Slices Sliced Oranges

> > Applesauce ROUND PIZZA

25

18

Popcorn Chicken breaded chicken bites baked to perfection

> Oven Baked Fries Celery Sliced Oranges Diced Peaches

Grilled Cheese melted cheese an golden to asted bread

Carrots Fresh Red Grapes Pineapple Tidbits

Weekly Alternate Meal: Fresh Cobb Salad With Chicken

Mozzarella Sticks crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce

Tomato Sauce Dip Tomato Salad Fresh Apple Diced Pears

Nachos Grande tortilla chips topped with mexi style meat and cheese

> sauce Fiesta Corn Mild Salsa Banana Pineapple Tidbits

Cheese Pizza crispy pizza dough topped with tomato sauce and

> melted cheese Pepperoni Pizza

cheese pizza topped with pepperori

Caesar Salad Fresh Broccoli Sliced Oranges Applesauce

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



ch Prices

Lunch Available:

Tossed Garden Salad: Romaine Lettuce, Grape Tomatoes, Cucumber, Carrot, Low Fat Cheese and a Whole Wheat Dinner Roll. Served with Low Fat Dressing.

Cheese Sandwich: Whole Wheat Bun, Low Fat American Cheese, and Baby Carrots. Served with Low Fat Dressing.

Weekly Alternate Meal Available On Menu.

GRADES 6TH-8TH DELI OPTION: Turkey, Ham, Turkey Salami, Turkey Bologna. Tuna Salad, American, Provolone, Or Swiss Cheese, Lettuce, Tomato, WW Kaiser Roll, WW Tortilla Wrap. Assorted Condiments.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender