

Welcome to our Lunch Cafe @

Norwalk Side by Side Elementary

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



We proudly support clean, organic, local and sustainable agriculture.

6 Chicken Tangerine
WG breaded chicken in a tangerine sauce
Brown Rice
Green Peas
Fresh Orange
Pineapple Tidbits

7 **ELECTION DAY!
PROFESSIONAL
DEVELOPMENT
DAY!
NO SCHOOL!**

8 Mac & Cheese
pasta in cheese sauce, garnished with parsley
Broccoli Florets
Red Pepper Strips
Fresh Apple
Diced Pears

9 Beef Hot Dog on Bun
juicy beef hot dog on a soft bun
Baked Beans
Cucumber Coins
Pear
Sliced Peaches

10 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Caesar Salad
Green Pepper Slices
Veggie Dippers
Fresh Banana

Weekly Alternate Meal: Whole Wheat Bagel & Organic Yogurt with a Low Fat Cheesestick

13 Chicken Tenders
crispy chicken tenders perfect for dipping in your favorite sauce
Baked Potato Wedges
Cucumber Coins
Fresh Apple
Pineapple Tidbits

14 Pancakes & Sausage
light and fluffy pancakes served with a sausage patty
With Syrup
Cinnamon Apple Slices
Fresh Baby Carrots
Fresh Red Grapes



15 Meatball Parmesan Sandwich
warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese
Fresh Squash
Red Pepper Strips
Melon Cup
Diced Pears
ORGANIC SPAGHETTI SAUCE

16 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Mashed Potatoes
Corn
Cranberry Sauce
Whole Wheat Dinner Roll
HAPPY THANKSGIVING!

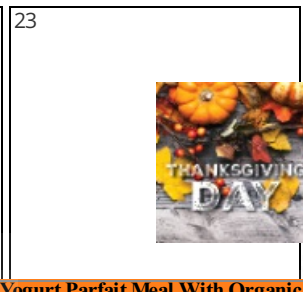
17 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Garden Salad
Veggie Dippers
Fresh Orange

Weekly Alternate Meal: Hummus and Organic Pretzel Lunch

20 Boneless Chicken Wings
breaded chicken wings baked to perfection
Mashed Potatoes
With Gravy
Cucumber Coins
Celery
Fresh Orange
Diced Pears

21 Grilled Cheese
melted cheese on golden toasted bread
Sweet Potato Fries
Celery
Fresh Red Grapes
Pineapple Tidbits

22 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
With Tomato Sauce Dip
Grape Tomatoes
Fresh Squash
Fresh Banana
Diced Pears
ORGANIC SPAGHETTI SAUCE



24

Weekly Alternate Meal: Organic Yogurt Parfait Meal With Organic Yogurt, Fruit, & Granola

27 Chicken and Waffles
Waffles served with chicken tenders
With Syrup
Cucumber Coins
Sliced Oranges
Diced Peaches

28 French Toast
Turkey Sausage Patty
With Syrup
Cinnamon Apple Slices
Fresh Baby Carrots
Fresh Red Grapes
NATIONAL FRENCH TOAST DAY!

29 Nachos Grande
tortilla chips topped with mexi style meat and cheese sauce
With Mild Salsa
Beans
Grape Tomatoes
Pear
Cinnamon Applesauce

30 Chicken Parmesan Over Pasta
oven baked chicken topped with sauce and melted cheese, all over pasta
Fresh Broccoli
Red Pepper Strips
Fresh Apple
Diced Pears
ORGANIC SPAGHETTI SAUCE

Weekly Alternate Meal: Fresh Cobb Salad with Chicken and 2 Whole Wheat Dinner Rolls

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:

Elementary Lunch \$2.65
Middle School Lunch \$3.25
Reduced Lunch \$.40
Milk \$.50
Lunch Includes: Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk
If you have any questions please contact the food service office at 203-899-2990.

Daily Alternate Lunch Available:

Tossed Garden Salad: Romaine Lettuce, Grape Tomatoes, Cucumber, Carrot, Low Fat Cheese and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing
Cheese Sandwich: Whole Wheat Bun, Low Fat American Cheese, and Baby Carrots. Served with Low Fat Dressing
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.
Weekly Alternate Meal Listed On Menu.
Fresh Vegetable and Seasonal Fruits Available Daily.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, please postcard when available. USDA is an equal opportunity provider, employer, and lender.