

# Welcome to our Lunch Cafe @

Norwalk Side By Side School

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Chicken Wings <i>breaded chicken wings baked to perfection</i></p> <p>Tator Tots (V) (G)</p> <p>Grape Tomatoes (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Orange (G) (V) (P)</p> <p>Fresh Red Grapes (G) (V) (P)</p>	<p>3</p> <p>Cheeseburger <i>burger topped with cheese on a freshly toasted bun</i> (V)</p> <p>Or Burger <i>burger on a freshly toasted bun</i> (V) (G)</p> <p>Red Pepper Strips</p> <p>Oven Baked Fries</p> <p>Fresh Apple (G) (V) (P)</p>	<p>4</p> <p>Chicken &amp; Vegetable Rice Bowl <i>fluffy rice topped with vegetable stir fry and baked chicken</i> (V) (G)</p> <p>Celery (G) (V) (P)</p> <p>Garbanzo Beans (G) (V) (P)</p> <p>Fresh Pear (G) (V) (P)</p> <p>Sliced Peaches (G) (V) (P)</p>	<p>5</p> <p>Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> (V)</p> <p>Or Pepperoni Pizza</p> <p>Garden Salad (G) (V) (P)</p> <p>Veggie Dippers (V)</p> <p>Fresh Banana (G) (V) (P)</p> <p>Applesauce (G) (V) (P)</p>
<b>Weekly Alternate Meal: Whole Wheat Bagel &amp; Organic Yogurt with a Low Fat Cheesestick</b>				
<p>8</p> <p>General Tso's Chicken Rice Bowl <i>General Tso's chicken bowl with brown rice, broccoli, and scallions</i></p> <p>Grape Tomatoes (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Orange (G) (V) (P)</p> <p>Cinnamon Applesauce (V) (G)</p>	<p>9</p> <p>French Toast <i>French toast baked to perfection</i></p> <p>Turkey Sausage Patty</p> <p>Cinnamon Apple Slices (V) (G)</p> <p>With Syrup</p> <p>Fresh Baby Carrots (G) (V) (P)</p> <p>Pineapple Tidbits (G) (V) (P)</p> 	<p>10</p> <p>Mac &amp; Cheese <i>pasta in cheese sauce, garnished with parsley</i> (V)</p> <p>Roasted Squash (G) (V) (P)</p> <p>Broccoli Florets (G) (V) (P)</p> <p>Fresh Apple (G) (V) (P)</p> <p>Diced Pears (G) (V) (P)</p>	<p>11</p> <p>Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i> (V)</p> <p>Baked Beans (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Pear (G) (V) (P)</p> <p>Sliced Peaches (G) (V) (P)</p>	<p>12</p> <p>Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> (V)</p> <p>Or Pepperoni Pizza</p> <p>Caesar Salad (V)</p> <p>Green Pepper Slices</p> <p>Veggie Dippers (V)</p> <p>Fresh Banana (G) (V) (P)</p>
<b>Weekly Alternate Meal: Fresh Caesar Salad with Chicken and 2 Whole Wheat Dinner Rolls</b>				
<p>15</p> 	<p>16</p> <p>Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i></p> <p>Sweet Potato Fries</p> <p>Grape Tomatoes (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Orange (G) (V) (P)</p> <p>Fresh Red Grapes (G) (V) (P)</p>	<p>17</p> <p>Pancakes &amp; Sausage <i>light and fluffy pancakes served with a sausage patty</i></p> <p>With Syrup</p> <p>Cinnamon Apple Slices (V) (G)</p> <p>Fresh Baby Carrots (G) (V) (P)</p> 	<p>18</p> <p>Pasta &amp; Meatballs <i>freshly baked meatballs with tomato sauce over pasta</i> (G)</p> <p>Whole Wheat Dinner Roll (G)</p> <p>Garbanzo Beans (G) (V) (P)</p> <p>Fresh Broccoli (G) (V) (P)</p> <p>Fresh Orange (G) (V) (P)</p> <p><b>Lucky Tray Day!</b></p>	<p>19</p> <p>Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> (V)</p> <p>Or Pepperoni Pizza</p> <p>Garden Salad (G) (V) (P)</p> <p>Celery (G) (V) (P)</p> <p>Veggie Dippers (V)</p> <p>Fresh Orange (G) (V) (P)</p>
<b>Weekly Alternate Meal: Organic Veggie Burger on a Whole Wheat Bun with or without cheese</b>				
<p>22</p> <p>Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i></p> <p>Grape Tomatoes (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Orange (G) (V) (P)</p> <p>Diced Pears (G) (V) (P)</p>	<p>23</p> <p>Grilled Cheese <i>melted cheese on golden toasted bread</i> (V)</p> <p>Tomato Soup (V)</p> <p>Roasted Squash (G) (V) (P)</p> <p>Fresh Red Grapes (G) (V) (P)</p> <p>Pineapple Tidbits (G) (V) (P)</p>	<p>24</p> <p>Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> (V)</p> <p>Tomato Sauce Dip (G) (V) (P)</p> <p>Grape Tomatoes (G) (V) (P)</p> <p>Fresh Broccoli (G) (V) (P)</p> <p>Fresh Apple (G) (V) (P)</p> <p>Diced Pears (G) (V) (P)</p>	<p>25</p> <p>Sloppy Joe on a Bun <i>home made sloppy joe served on a soft bun</i> (V) (G)</p> <p>Baked Potato Wedges (G) (V) (P)</p> <p>Celery (G) (V) (P)</p> <p>Garbanzo Beans (G) (V) (P)</p> <p>Fresh Pear (G) (V) (P)</p> <p>Pineapple Tidbits (G) (V) (P)</p>	<p>26</p> <p>Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> (V)</p> <p>Or Pepperoni Pizza</p> <p>Caesar Salad (V)</p> <p>Green Pepper Slices</p> <p>Veggie Dippers (V)</p> <p>Fresh Banana (G) (V) (P)</p>
<b>Weekly Alternate Meal: Organic Acai Island Bowl</b>				
<p>29</p> <p>Chicken and Waffles <i>Waffles served with chicken tenders</i></p> <p>With Syrup</p> <p>Grape Tomatoes (V) (G)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Sliced Oranges (G) (V) (P)</p> <p>Diced Peaches (G) (V) (P)</p>	<p>30</p> <p>Egg and Cheese Sandwich (V)</p> <p>Tator Tots (V) (G)</p> <p>Fresh Baby Carrots (G) (V) (P)</p> <p>Cucumber Coins (G) (V) (P)</p> <p>Fresh Apple (G) (V) (P)</p> <p>Pineapple Tidbits (G) (V) (P)</p> 	<p>31</p> <p>Chicken Parmesan Over Pasta <i>oven baked chicken topped with sauce and melted cheese, all over pasta</i></p> <p>Celery (G) (V) (P)</p> <p>Green Pepper Slices</p> <p>Fresh Pear (G) (V) (P)</p> <p>Pineapple Tidbits (G) (V) (P)</p>	 <p>We proudly support clean, organic, local and sustainable agriculture.</p> 	
<b>Weekly Alternate Meal: Fresh Cobb Salad with Chicken and 2 Whole Wheat Dinner Rolls</b>				

## SIMPLY ROOTED™ in food and family

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve



to our young customers. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices:  
Elementary Lunch \$2.65  
Middle School Lunch \$3.85  
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 Frank Harris Nutrition Center 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.

(V) VEGETARIAN (G) MADE WITH ALL NATURAL INGREDIENTS (P) PORK (V) VEGAN (G) MADE WITH ORGANIC INGREDIENTS

\*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, notice posted when available. This institution is an equal opportunity provider.