

# Welcome to our Lunch Cafe @

Norwalk Side by Side Elementary

**October**  
2017

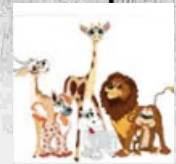
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



2 Boneless Chicken Wings  
*breaded chicken wings baked to perfection*  
Baked Potato Wedges  
Celery  
Fresh Orange  
Pineapple Tidbits

3 Pancakes & Sausage  
*light and fluffy pancakes served with a sausage patty*  
Syrup  
Fresh Baby Carrots  
Fresh Red Grapes  
Diced Pears  
**BRUNCH FOR LUNCH TODAY!**

4 Cheeseburger  
*burger topped with cheese on a freshly toasted bun*  
Burger  
*burger on a freshly toasted bun*  
Baked Beans  
Red Pepper Strips  
Fresh Apple

5 Fiesta Chicken Rice Bowl  
*rice topped with beans, chicken, corn and cheese*  
Mild Salsa  
Beans  
Baked Plantains Maduros  
Grape Tomatoes  
Fresh Orange  
Pineapple Tidbits

6 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
Pepperoni Pizza  
Garden Salad  
Veggie Dippers  
Banana  
Applesauce

**Weekly Alternate Meal: Whole Wheat Bagel & Organic Yogurt with a cheesestick**

9 Chicken Tangerine  
*WG breaded chicken in a tangerine sauce*  
Tator Tots  
Celery  
Fresh Orange

10 French Toast  
*French toast baked to perfection*  
Syrup  
Hash Browns  
Fresh Baby Carrots  
Fresh Red Grapes  
Apple Slices  
**BRUNCH FOR LUNCH TODAY!**

11 Chicken Parmesan Over Pasta  
*oven baked chicken topped with sauce and melted cheese, all over pasta*  
Broccoli Florets  
Red Pepper Strips  
Diced Pears

12 Cheese Quesadilla  
*freshly grilled flour tortilla with melty cheese*  
Mild Salsa  
Beans  
Fresh Orange  
Pineapple Tidbits

13 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
Pepperoni Pizza  
Caesar Salad  
Green Pepper Slices  
Veggie Dippers  
Banana  
**ROUND PIZZA**

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

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

17 Waffles  
*whole grain waffles*  
Turkey Sausage Patty  
Syrup  
Fresh Baby Carrots  
Apple Slices  
Fresh Red Grapes  
**BRUNCH FOR LUNCH TODAY!**

18 Baked Pasta with Cheese  
*pasta topped with melted cheese, baked to perfection*  
Tomato Salad  
Celery  
Melon Cup  
Diced Pears

19 Chicken & Vegetable Rice Bowl  
*fluffy rice topped with vegetable stir fry and baked chicken*  
Chickpea Salad  
Banana  
Pineapple Tidbits  
**IT'S STUDENT APPRECIATION DAY**

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

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

23 General Tso's Chicken  
*breaded chicken smothered in General Tso's sauce*  
Tator Tots  
Celery  
Fresh Orange  
Diced Pears

24 Egg and Cheese Sandwich  
*breakfast sandwich topped with egg and cheese*  
Fresh Baby Carrots  
Fresh Apple  
**BRUNCH FOR LUNCH TODAY!**

25 Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese*  
Tomato Sauce Dip  
Fresh Squash  
Banana  
Applesauce  
Diced Pears

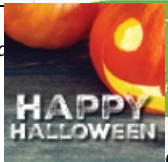
26 Nachos Grande  
Sauteed Corn & Black Bean Salsa  
Fresh Red Grapes  
Pineapple Tidbits  
**"SCOOPS"**

27 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
Pepperoni Pizza  
Caesar Salad  
Veggie Dippers  
Sliced Oranges  
**ROUND PIZZA**

**Weekly Alternate Meal: Organic Yogurt Parfait**

30 Popcorn Chicken  
*breaded chicken bites baked to perfection*  
Oven Baked Fries  
Cucumber Coins  
Sliced Oranges  
Diced Peaches

31 Grilled Cheese  
*melted cheese on golden toasted bread*  
Fresh Baby Carrots  
Fresh Red Grapes  
Pineapple Tidbits



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

## SIMPLY ROOTED™ *in food and family*

All of our products have zero trans-fats, unless they are naturally occurring. 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, notice posted when available. USDA is an equal opportunity provider, employer, and lender.