

Welcome to our Lunch Cafe @

Norwalk Side by Side Elementary

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

Weekly Alternate Meal: Whole Wheat Bagel & Organic Yogurt

1	Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Caesar Salad Veggie Dippers Sliced Oranges Applesauce
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4	LABOR DAY NO SCHOOL!
Weekly Alternate Meal: Fresh Caesar Salad with Chicken	

5	Pancakes & Sausage <i>light and fluffy pancakes served with a sausage patty</i> Syrup Hash Browns Carrots Fresh Apple Diced Peaches
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6	Chicken Parmesan Over Pasta <i>oven baked chicken topped with sauce and melted cheese, all over pasta</i> Steamed Broccoli Red Pepper Strips Fresh Red Grapes Diced Pears
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7	Cheese Quesadilla <i>freshly grilled flour tortilla with melted cheese</i> Mild Salsa Black Beans Pineapple Tidbits
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8	Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> Pepperoni Pizza Garden Salad Green Pepper Slices Fresh Orange Applesauce ROUND PIZZA
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11	Chicken Tenders <i>crispy chicken tenders perfect for dipping in your favorite sauce</i> Mashed Potatoes Fresh Apple Pineapple Tidbits
Weekly Alternate Meal: Fresh Spinach Salad with Chicken	

12	French Toast <i>French toast baked to perfection</i> Syrup Carrots Diced Peaches
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13	Baked Pasta with Cheese <i>pasta topped with melted cheese, baked to perfection</i> Tomato Salad Berry Cup Diced Pears
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14	Chicken & Vegetable Rice Bowl <i>fluffy rice topped with vegetable stir fry and baked chicken</i> Chickpea Salad Banana Pineapple Tidbits
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15	Cheese Pizza <i>whole grain pizza crust topped with rich tomato sauce and melted mozzarella cheese</i> Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Caesar Salad Veggie Dippers Fresh Orange Applesauce
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18	Mixed Up Chicken <i>golden chicken nuggets and chicken tenders with a dinner roll</i> Tator Tots Fresh Orange Diced Pears
Weekly Alternate Meal: Organic Yogurt Parfait	

19	Waffles <i>whole grain waffles</i> Syrup Turkey Sausage Patty Carrots Fresh Apple Pineapple Tidbits
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20	Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> Tomato Sauce Dip Caesar Salad Veggie Dippers Melon Cup Diced Pears
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21	ROSH HASHANAH NO SCHOOL!
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22	Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> Pepperoni Pizza Garden Salad Green Pepper Slices Sliced Oranges Applesauce ROUND PIZZA
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25	Popcorn Chicken <i>breaded chicken bites baked to perfection</i> Oven Baked Fries Celery Sliced Oranges Diced Peaches
Weekly Alternate Meal: Fresh Cobb Salad With Chicken	

26	Grilled Cheese <i>melted cheese on golden toasted bread</i> Carrots Fresh Red Grapes Pineapple Tidbits
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27	Mozzarella Sticks <i>crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce</i> Tomato Sauce Dip Tomato Salad Fresh Apple Diced Pears
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28	Nachos Grande <i>tortilla chips topped with mexi style meat and cheese sauce</i> Fiesta Corn Mild Salsa Banana Pineapple Tidbits
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29	Cheese Pizza <i>crispy pizza dough topped with tomato sauce and melted cheese</i> Pepperoni Pizza <i>cheese pizza topped with pepperoni</i> Caesar Salad Fresh Broccoli Sliced Oranges Applesauce
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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!



Lunch Prices:

Elementary Lunch \$2.65

Middle School Lunch \$3.25

Reduced Lunch \$4.40 Milk \$0.50

Lunch Includes:

Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk, Fresh Seasonal Fruit and Fresh Vegetable Selection

If you have any questions or would like additional information, please contact the food service office at 203-

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, 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.