

Welcome to our Lunch Cafe at...

Norwalk Elementary Schools

September 2018

MEATLESS MONDAY

Monday

Tuesday

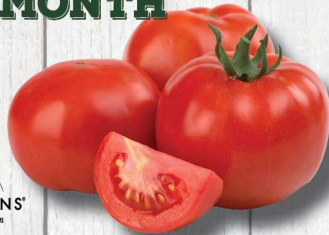
Wednesday


Thursday

Friday

HARVEST of the MONTH

Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



<p>3</p> 	<p>4 Baked Chicken Tenders With Oven Baked Fries Or Pretzel With Creamy Sunbutter And Mozzarella String Cheese Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>5 Mozzarella Sticks With Tomato Sauce Dip Or Pretzel With Creamy Sunbutter And String Cheese Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p>HARVEST</p>	<p>6 Nachos Grande With Pico De Gallo Or Creamy Sunbutter With Pretzel And String Cheese Or Garden Salad with Cheese Entree Or Cheese Sandwich Black Beans</p>	<p>7 Cheese Pizza Or Broccoli Pizza With Garden Salad Or Pretzel With Creamy Sunbutter And String Cheese Or Garden Salad with Cheese Entree Or Cheese Sandwich Red Pepper Strips</p>
<p>10</p> <p>SCHOOL CLOSED TODAY</p>	<p>11 Crispy Popcorn Chicken With Baked Potato Wedges And Whole Wheat Dinner Roll Or Crudite & Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>12 Homemade Mac & Cheese Or Crudite & Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich Broccoli Bites</p>	<p>13 Beef Hot Dog on Bun With Baked Beans Or Crudite & Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich Cauliflower</p> <p>IT'S STUDENT APPRECIATION DAY</p>	<p>14 Cheese Pizza Or Pepperoni Pizza With Caesar Salad Or Crudite & Cheese Platter Or Garden Salad with Cheese Entree Or Cheese Sandwich Green Pepper Slices</p>
<p>17 Veggie Burger Or Baked Chicken Tenders With Oven Baked Fries And Whole Wheat Dinner Roll Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p>MEATLESS MONDAY</p>	<p>18 Whole Grain French Toast Slices With Crispy Sausage Links And Syrup Or Veggie Burger Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p>BUNCH FOR LUNCH TODAY!</p>	<p>19</p> <p>SCHOOL CLOSED TODAY</p>	<p>20 Tangerine Dream Chicken Rice Bowl Or Veggie Burger Or Garden Salad with Cheese Entree Or Cheese Sandwich Garbanzo Beans</p> <p>Lucky Tray Day!</p>	<p>21 Cheese Pizza Or Margherita Pizza With Garden Salad Or Veggie Burger Or Garden Salad with Cheese Entree Or Cheese Sandwich Green Pepper Slices</p> <p>HARVEST</p>
<p>24 Fruity Granola Parfait Or Chicken Wings With Crispy Potato Puffs And Whole Wheat Dinner Roll Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p>MEATLESS MONDAY</p>	<p>25 Grilled Cheese Sandwich With Homemade Carrot & Raisin Slaw Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich</p>	<p>26 Stuffed Bread Sticks With Tomato Sauce Dip Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich</p> <p>HARVEST</p>	<p>27 Cheeseburger With Baked Potato Wedges Or Burger With Baked Potato Wedges Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich Garbanzo Beans</p>	<p>28 Cheese Pizza Or Pepperoni Pizza With Caesar Salad Or Fruity Granola Parfait Or Garden Salad with Cheese Entree Or Cheese Sandwich Green Pepper Slices</p>



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease, diabetes, and obesity.



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 Frank Harris Nutrition Center at 203-899-2990.

Grades 6th - 8th Deli Option:

Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, Whole Wheat Kaiser Roll, Whole Wheat Tortilla Wrap, Assorted Condiments.

Available Daily With All Meals:
Fresh Seasonal Whole Fruits. Assorted Chilled Fruit. Fresh Vegetables: Grape Tomatoes, Celery, Baby Carrots, & Cucumbers.

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK 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.