

# Welcome to our Lunch Cafe at...

Norwalk Elementary Schools

March 2019

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.



4 Homemade Mac & Cheese (V) (P)  
 Steamed Peas  
 Tuna Salad Sandwich (P)  
 Or Garden Salad with Cheese Entree (V) (P)  
 Garbanzo Beans (M)

MEATLESS MONDAY

5 Baked Chicken Tenders *crispy chicken tenders perfect for dipping in your favorite sauce*  
 Whole Wheat Dinner Roll  
 Baked Potato Wedges Or  
 Tuna Salad Sandwich (P)

6 Grilled Cheese Sandwich (V)  
 Homemade Deli Style Coleslaw  
 Tuna Salad Sandwich (P)  
 Or Garden Salad with Cheese Entree (V) (P)  
 Celery  
 Pineapple Cup

7 General Tso's Chicken *crispy chicken with broccoli in General Tso's sauce* (P)  
 With Brown Rice  
 Tuna Salad Sandwich (P)  
 Or Garden Salad with Cheese Entree (V) (P)  
 Red Pepper Strips  
 Fresh Apple

8 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese*  
 (V) (P)  
 Or  
 Pepperoni Pizza (P) (P)  
 With Caesar Salad Or  
 Tuna Salad Sandwich (P)  
 Fresh Apple

11 Whole Grain French Toast *slices of French toast baked to perfection* (V)  
 Crispy Potato Puffs Or Yogurt Lunch (V)  
 Apple Slices

12 Crispy Popcorn Chicken *crispy breaded chicken bites baked to perfection*  
 With Oven Baked Fries Or  
 Yogurt Lunch (V)  
 Garbanzo Beans (M)  
 Sliced Peaches

13 Cheeseburger Burger  
 Sweet Corn  
 Or Yogurt Lunch (V)  
 Or Garden Salad with Cheese Entree (V) (P)  
 Cheese Sandwich (V)  
 Red Pepper Strips

14 Beef and Cheese Quesadilla *melted cheese with homemade fiesta beef folded inside a grilled tortilla* (P)  
 With Salsa Or  
 Yogurt Lunch *a protein packed lunch with yogurt, cheese and a grain component* (V)  
 Sweet Corn

15 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese*  
 (V) (P)  
 Or  
 Pepperoni Pizza (P) (P)  
 With Caesar Salad Or  
 Yogurt Lunch (V)  
 Fresh Orange

18 Stuffed Bread *baked bread sticks filled with melted cheese* (V)  
 Steamed Broccoli  
 Tomato Sauce (M)  
 Pretzel Organic 2.5oz (V)  
 Mozzarella String Cheese  
 Creamy Sunbutter  
 Garbanzo Beans (M)

19 Chicken Fajita *seasoned chicken*  
 Salsa  
 Corn & Black Bean Salad (M)  
 Tortilla Flour Wraps 10"  
 White Whole Wheat 12/12ct 96001  
 Fresh Orange

20 Bacon Cheeseburger *burger topped with cheese and bacon on a freshly toasted bun*  
 Oven Baked Fries Or Pretzel Organic 2.5oz (V) (P) (M)  
 With Mozzarella String Cheese  
 And Creamy Sunbutter

21 Sweet & Sour Chicken Sauce & Toss  
 Brown Rice  
 Steamed Broccoli Or Pretzel Organic 2.5oz (V) (P) (M)  
 With Mozzarella String Cheese  
 And Creamy Sunbutter  
 Red Pepper Strips

22 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese*  
 (V) (P)  
 Or Pepperoni Pizza (P) (P)  
 With Caesar Salad  
 Pretzel Organic 2.5oz (V)  
 Mozzarella String Cheese  
 Creamy Sunbutter

25 Mozzarella Sticks *crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce* (V)  
 With Tomato Sauce Dip (M)  
 Steamed Peas  
 Whole Wheat Dinner Roll  
 Veggie Burger (M)

MEATLESS MONDAY

26 Chicken Parmesan Sandwich *warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll* (M)  
 With Oven Baked Fries Or  
 Veggie Burger (M)

27 Homemade Pasta Bolognese *freshly cooked homemade pasta with meat sauce* (P) (M)  
 Green Beans  
 Veggie Burger (M)  
 Or Garden Salad with Cheese Entree (V) (P)  
 Garbanzo Beans (M)

28 Beef Hot Dog on Bun *juicy beef hot dog on a soft bun*  
 With Baked Beans Or Garden Salad with Cheese Entree (V) (P)  
 Veggie Burger (M)  
 Red Pepper Strips

Lucky Tray Day!

29 Cheese Pizza *crispy pizza dough topped with tomato sauce and melted cheese*  
 (V) (P)  
 Or  
 Pepperoni Pizza (P) (P)  
 With Caesar Salad  
 Veggie Burger (M)  
 Tuna Salad Sandwich (P)



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



Lunch Prices:

- Elementary Lunch \$2.65
- Middle School Lunch \$3.25
- Reduced Lunch .40 Milk .50

Lunch Includes:

- Skim Milk, Low Fat Milk, or Lactose Free Milk

If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

**Available Daily With All Meals:**  
**Fresh Seasonal Whole Fruits. Assorted Chilled Fruit Cups**

**Fresh Vegetables:**  
**Grape Tomatoes, Celery, Baby Carrots, & Cucumbers**

**Bagged Lunch Option: (Field Trips)**  
**Turkey & American Cheese On A Whole Wheat Hamburger Bun With Fresh Baby Carrots, Apple Juice, Whole Grain Belly Bear Grahams, & Milk Choice.**

Low Fat Ranch & Low Fat Italian Dressings Available

(V) VEGETARIAN (P) MADE WITH NATURAL INGREDIENTS (P) PORK (M) 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.