


January 2019

Middle School / High School Lunch Menu

The Daily MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Toasted Cheese Sandwich Tomato Soup Cauliflower Fruit/Milk	1  Chicken Fajita Wrap Rice Pilaf California Blend Marinated Black Bean Fruit/Milk	2 Popcorn Chicken Sweet Potato Fries Corn Fruit/Milk	3 Swedish Meat Balls Over noodles Broccoli Dinner Roll Fruit/Milk	4 Kelly's Pizza Fish on a Bun Tossed Salad w/Roasted Chic Peas Fruit/Milk
14 French Toast Stix Home Fries Sausage Strawberries Milk	8 Chicken Fajita Wrap Rice Pilaf California Blend Marinated Black Bean Fruit/Milk	9 Cheese Burger on a Bun Tater Tots Green Beans Fruit/Milk	10 Chicken Gravy on a Biscuit Mashed Potatoes Carrots Fruit/Milk	11 Italian Dippers With Sauce Fish on a Bun Tossed Salad w/chic peas Fruit/Milk
28 Meatball Sub Green Beans Garlic Parmesan Noodles Fruit/Milk	15 Beef Tacos W/ lettuce, cheese, and salsa Baked Beans Corn Fruit/Milk	16 Chicken Parmesan on a Bun Sweet Potato Fries Green Beans Fruit/Milk	17 Homemade Macaroni and Cheese Broccoli Dinner Roll Fruit/Milk	18 Deb's Pizza Fish on a Bun Tossed Salad w/Roasted Chic Peas Fruit/Milk
28 Meatball Sub Green Beans Garlic Parmesan Noodles Fruit/Milk	22 Pasta and Meat Sauce Garlic Toast Broccoli Fruit/Milk	23 Chicken Cordon Bleu on a Bun Sweet Potato Fries Green Bean Fruit/Milk	24 Ultimate Chicken Bowl (mashed potatoes, gravy, popcorn chicken and cheese) Roll / Corn Fruit/Milk	25 Cheese Pizza Fish on a Bun Tossed Salad w/ roasted Chic Peas Fruit/Milk
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Whole Grain Choices:

- Assorted Cereal
- Breakfast Cookie
- Breakfast Bar
- Muffin
- Fresh Fruit
- Milk -
- White 1 %
- Skim Milk

Norwich is an Equal Opportunity Employer
Free Breakfast and Lunch for all students

