

# March 2019

## Norwich High/Middle School Breakfast Menu

### The Daily MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

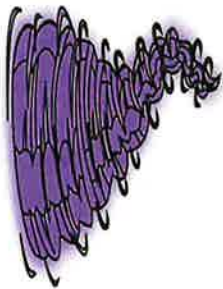
Norwich is an Equal Opportunity Employer  
Free Breakfast and Lunch for all Students

**Whole Grain Choices:**

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



1 Breakfast Sandwich Fruit/Juice Low Fat/Fat Free Milk	7 Ham and Cheese on English Muffin Fruit/Juice Low Fat/Fat Free Milk	15 Breakfast Sandwich Fruit/Juice Low Fat/Fat Free Milk	22 Breakfast Sandwich Fruit/Juice Low Fat/Fat Free Milk
8 No School Development Day	14 Homemade Muffin Bread Fruit/Juice Low Fat/Fat Free Milk	21 Homemade Muffin Bread Fruit/Juice Low Fat/Fat Free Milk	28 Ham and Cheese on English Muffin Fruit/Juice Low Fat/Fat Free Milk
5 Breakfast Pizza Fruit/Juice Low Fat/Fat Free Milk	6 Bagel w/Cream Cheese Fruit/Juice Low Fat/Fat Free Milk	13 Bagel w/Cream Cheese Fruit/Juice Low Fat/Fat Free Milk	20 Bagel w/Cream Cheese Fruit/Juice Low Fat/Fat Free Milk
4 Biscuit Sandwich Fruit/Juice Low Fat/Fat Free Milk	12 Breakfast Pizza Fruit/Juice Low Fat/Fat Free Milk	19 Breakfast Pizza Fruit/Juice Low Fat/Fat Free Milk	27 Bagel w/Cream Cheese Fruit/Juice Low Fat/Fat Free Milk
11 Biscuit Sandwich Fruit/Juice Low Fat/Fat Free Milk	18 Breakfast Pizza Fruit/Juice Low Fat/Fat Free Milk	26 Breakfast Pizza Fruit/Juice Low Fat/Fat Free Milk	25 Biscuit Sandwich Fruit/Juice Low Fat/Fat Free Milk



# March 2019

## Norwich High School/Middle School Lunch Menu

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<p>4 Toasty Grilled Cheese Tomato Soup Green Beans, Fruit, Low Fat/Fat Free Milk</p>	<p>5 Hot Dog or Cheese Dog Baked Beans, Fruit Low Fat/Fat Free Milk</p>	<p>6 Chicken &amp; Bisuit Seasoned Carrots Fruit Low Fat/Fat Free Milk</p>	<p>7 BBQ Chicken Seasoned Rice Corn, Fruit Low Fat/Fat Free Milk</p>	<p>8 No School Staff Development Day</p>	<p>1 Chicken Bacon Ranch Pizza Romaine &amp; Spinach Salad, Fruit Low Fat/Fat Free Milk Fish on a Bun</p>
<p>11 Alfredo Rotini Cheesy Breadstick Roasted Broccoli Fruit Low Fat/Fat Free Milk</p>	<p>12 Beef Tacos w/Lettuce, Cheese and Salsa, Refried Beans, Corn, Fruit, Low Fat/Fat Free Milk</p>	<p>13 Hot Ham &amp; Cheese on a Pretzel Roll Carrots, Pasta Salad, Fruit Low Fat/Fat Free Milk</p>	<p>14 Popcorn Chicken Seasoned Potato Wedges, Fruit Low Fat/Fat Free Milk</p>	<p>15 Assorted Pizza Romaine &amp; Spinach Salad, Fruit Low Fat/Fat Free Milk Fish on a Bun</p>	<p>15 Chicken Bowl Includes Popcorn Chicken Mashed Potatoes Corn Gravy Topped with Cheese</p>
<p>18 Macaroni &amp; Cheese Roll and Butter Carrots, Fruit Low Fat/Fat Free Milk</p>	<p>19 Italian Meatball Sub Green Beans Buttered Garlic Noodles, Fruit Low Fat/Fat Free Milk</p>	<p>20 Chicken Bowl Bread and Butter Chic Pea Salad Fruit Low Fat/Fat Free Milk</p>	<p>21 Hot Turkey Sandwich w/Gravy Tater Tots, Peas, Fruit Low Fat/Fat Free Milk</p>	<p>22 French Bread Pizza Romaine &amp; Spinach Salad, Fruit Low Fat/Fat Free Milk Fish on a Bun</p>	
<p>25 Hamburger or Cheese Burger French Fries, Green Beans, Fruit Low Fat/Fat Free Milk</p>	<p>26 Nachos w/Meat &amp; Cheese, Corn, Refried Beans, Fruit Low Fat/Fat Free Milk</p>	<p>27 Chicken Tenders Cheesy Rice Carrots, Fruit Low Fat/Fat Free Milk</p>	<p>28 Pasta w/Meat Sauce Roll and Butter Broccoli, Fruit Low Fat/Fat Free Milk</p>	<p>29 Assorted Pizza Romaine &amp; Spinach Salad, Fruit Low Fat/Fat Free Milk Fish on a Bun</p>	

