



# BREAKFAST

# APRIL 2019

## NORWICH HIGH SCHOOL & MIDDLE SCHOOL

Norwich is an Equal Opportunity Employer and offers no-cost breakfast and lunch to all students.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Biscuit Sandwich	2 Breakfast Pizza	3 Bagel w/Cream Cheese	4 Ham & Cheese on an English Muffin	5 Breakfast Sandwich
8 Biscuit Sandwich	9 Breakfast Pizza	10 Bagel w/Cream Cheese	11 Ham & Cheese on an English Muffin	12 Breakfast Sandwich
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK
22 Biscuit Sandwich	23 Breakfast Pizza	24 Bagel w/Cream Cheese	25 Homemade Muffin Bread	26 Breakfast Sandwich
29 Biscuit Sandwich	30 Breakfast Pizza			

### DAILY MENU

**Second Choice/Whole Grain Choices:** Assorted Cereal, Breakfast Cookie, Breakfast Bar, Muffin

**Fresh Fruit/Juice**

**Milk** – White 1%, Fat-Free Chocolate, Skim Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>French Toast Sticks Scrambled Eggs (HS) Sausage (MS) Glazed Carrots</p>	<p><b>2</b></p> <p>Nachos with Meat &amp; Cheese Corn Refried Beans</p>	<p><b>3</b></p> <p>Turkey with Gravy Mashed Potatoes Brussel Sprouts Dinner Roll</p>	<p><b>4</b></p> <p>Hamburger or Cheeseburger Seasoned Potato Wedges Green Beans</p>	<p><b>5</b></p> <p>Pepperoni Pizza Romaine &amp; Spinach Salad Fish on a Bun</p>
<p><b>8</b></p> <p>Toasty Grilled Cheese Tomato Soup Cut Green Beans</p>	<p><b>9</b></p> <p>Hot Dog or Cheese Dog Baked Beans Tater Tots</p>	<p><b>10</b></p> <p>Chicken Cordon Blue Sweet Potato Fries</p>	<p><b>11</b></p> <p>BBQ Chicken Seasoned Rice Broccoli Dinner Roll</p>	<p><b>12</b></p> <p>Assorted Pizza Romaine &amp; Spinach Salad Fish on a Bun</p>
<p><b>15</b></p> <p><b>SPRING BREAK</b></p>	<p><b>16</b></p> <p><b>SPRING BREAK</b></p>	<p><b>17</b></p> <p><b>SPRING BREAK</b></p>	<p><b>18</b></p> <p><b>SPRING BREAK</b></p>	<p><b>19</b></p> <p><b>SPRING BREAK</b></p>
<p><b>22</b></p> <p>Meatball Sub Green Beans Sweet Potato Fries</p>	<p><b>23</b></p> <p>Beef Tacos w/lettuce, cheese, salsa Refried Beans California Blend</p>	<p><b>24</b></p> <p>Ultimate Chicken Bowl (popcorn chicken, corn, mashed potatoes, gravy topped w/cheese) Bread &amp; Butter Chic Pea Salad</p>	<p><b>25</b></p> <p>Macaroni &amp; Cheese Roll &amp; Butter Carrots</p>	<p><b>26</b></p> <p>French Bread Pizza Romaine &amp; Spinach Salad Fish on a Bun</p>
<p><b>29</b></p> <p>Pasta w/Meat Sauce Broccoli Roll &amp; Butter</p>	<p><b>30</b></p> <p>Chicken Tacos on Soft Shell Marinated Black Bean Salad &amp; Corn</p>			

**DAILY MENU**

**Second Choices:** Sandwich of the Day, Yogurt Parfait w/granola, Sun Butter & Jelly Sandwich with Cheese Stick  
Baked Pretzel  
**Fresh Fruit**  
**Milk** – White 1%, Fat-Free Chocolate, Skim Milk