

# October 2023

Norfolk High School  
Norfolk October 2023 HS Lunch

<p><b>02</b></p> <p><b>Lunch Entree</b> Cheeseburger Corn Dog</p> <p><b>Vegetables</b> French Fries Fresh Garden Salad</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>03</b></p> <p><b>Lunch Entree</b> Super Nachos Nuggets</p> <p><b>Vegetables</b> Cowboy Beans Fresh Garden Salad</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Grains</b> Garlic Biscuit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>04</b></p> <p><b>Lunch Entree</b> Chicken Patty Hamburger Steak</p> <p><b>Vegetables</b> Mashed Potatoes Glazed Carrots</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Grains</b> Hot Roll</p> <p><b>Milk</b> 1% Milk Skim Milk</p>	<p><b>05</b></p> <p><b>Lunch Entree</b> Pepperoni Pizza Turkey Club Wrap</p> <p><b>Vegetables</b> Fresh Garden Salad Fresh Broccoli</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>
<p><b>09</b></p> <p><b>Lunch Entree</b> BBQ Bacon Wrapped Hot Dog Ham and Cheese Wrap</p> <p><b>Vegetables</b> Fresh Garden Salad Tater Tots</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>10</b></p> <p><b>Lunch Entree</b> Tacos Three Cheese Grilled Cheese</p> <p><b>Vegetables</b> Fresh Garden Salad Baked Beans</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>11</b></p> <p><b>Lunch Entree</b> Spaghetti &amp; Meat Sauce Peanut Butter and Jelly Sandwich</p> <p><b>Vegetables</b> Corn Fresh Garden Salad</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Grains</b> Hot Roll</p> <p><b>Milk</b> Chocolate Milk 1% Milk</p> <p><b>Misc.</b> Mozzarella Cheese Stick</p>	<p><b>12</b></p> <p><b>Lunch Entree</b> Pepperoni Pizza Fish Sandwich</p> <p><b>Vegetables</b> Fresh Garden Salad French Fries</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> Chocolate Milk 1% Milk</p>
<p><b>16</b></p> <p><b>Lunch Entree</b> Chicken and Waffles Macaroni and Cheese</p> <p><b>Vegetables</b> Fresh Garden Salad French Fries</p> <p><b>Fruit</b> Chilled Fruit Fresh Fruit</p> <p><b>Grains</b> Garlic Biscuit</p> <p><b>Milk</b> Chocolate Milk 1% Milk</p> <p><b>Misc.</b> Colby Jack Cheese Stick</p>	<p><b>17</b></p> <p><b>Lunch Entree</b> Smothered Burrito Club Sandwich</p> <p><b>Vegetables</b> Fresh Garden Salad Refried Beans</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>18</b></p> <p><b>Lunch Entree</b> Meatloaf Chicken Patty</p> <p><b>Vegetables</b> Mashed Potatoes Green Beans</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Grains</b> Hot Roll</p> <p><b>Milk</b> 1% Milk Chocolate Milk</p>	<p><b>19</b></p> <p><b>Lunch Entree</b> Pepperoni Pizza Cheeseburger</p> <p><b>Vegetables</b> Fresh Broccoli Fresh Garden Salad</p> <p><b>Fruit</b> Fresh Fruit Chilled Fruit</p> <p><b>Milk</b> Chocolate Milk 1% Milk</p> <p><b>Misc.</b> Mozzarella Cheese Stick</p>

<div>23</div> <div><div>Lunch Entree</div><div>Nuggets</div><div>Chedda-Toni</div><div>Vegetables</div><div>Fresh Garden Salad</div><div>Corn</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Grains</div><div>Italian Bread</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div></div>	<div>24</div> <div><div>Lunch Entree</div><div>Cheeseburger</div><div>Club Sandwich</div><div>Vegetables</div><div>Fresh Garden Salad</div><div>Oven Fries</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div></div>	<div>25</div> <div><div>Lunch Entree</div><div>Chicken Patty</div><div>Glazed Ham W. Roasted Pineapple</div><div>Vegetables</div><div>Mashed Potatoes</div><div>Glazed Carrots</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Grains</div><div>Hot Roll</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div><div>Condiments</div><div>Gravy</div><div>Ketchup</div><div>BBQ Sauce</div></div>	<div>26</div> <div><div>Lunch Entree</div><div>Pepperoni Pizza</div><div>Chicken Patty Sandwich</div><div>Vegetables</div><div>Fresh Garden Salad</div><div>Tater Tots</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div></div>
<div>30</div> <div><div>Lunch Entree</div><div>Scrambled Eggs w. Pancakes</div><div>Corn Dog</div><div>Vegetables</div><div>Fresh Garden Salad</div><div>Tater Tots</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div></div>	<div>31</div> <div><div>Lunch Entree</div><div>Cheeseburger</div><div>Chili Dog</div><div>Vegetables</div><div>Fresh Garden Salad</div><div>Oven Fries</div><div>Fruit</div><div>Fresh Fruit</div><div>Chilled Fruit</div><div>Milk</div><div>1% Milk</div><div>Chocolate Milk</div></div>		

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
- **fax:** (833) 256-1665 or (202) 690-7442; or
- **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.