

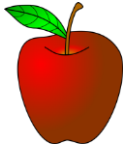


Norwalk Community School District-Lakewood

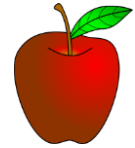


AUGUST 2017 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WELCOME BACK TO SCHOOL



Prices for the 2017-18 School Year

Elementary Breakfast	\$1.75
Elementary Lunch	\$2.60
Individual Milk	\$0.50



23 Cereal, Graham Crackers
Fruit, Juice & Milk

Chicken Nuggets
String Cheese/Dinner Roll
Sweet Potato Fries
Baby Carrots
Cucumber Slices
Mandarin Oranges
Fruit Cocktail

24 Cheese Omelet, Toast
Fruit, Juice & Milk

Hamburger on Bun
Deli Ham Sandwich
Baked Beans
Romaine Salad
Tomato Slices
Dried Cherries
Peaches

25 Mini Blueberry Waffles
Fruit, Juice & Milk

French Toast/Trix Yogurt
Sun Butter Sandwich
Hash Brown
Baby Carrots
Celery Sticks
100% Orange Juice
Blueberries

28 Bacon Breakfast Pizza*
Fruit, Juice & Milk

Pepperoni Pizza*
Deli Turkey Sandwich
Steamed Broccoli
Baby Carrots
Cucumber Slices
Pineapple
Thickened Strawberries

29 Cheese Omelet, Toast
Fruit, Juice & Milk

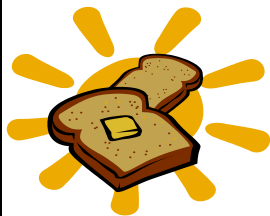
Chicken Tenders
Diced Ham/Dinner Roll
Corn
Shredded Romaine Lettuce
Red Pepper Strips
Fresh Apple Slices
Fruit Cocktail

30 French Toast Sticks
Fruit, Juice & Milk

Hot Dog on a Bun*
Cheese Sandwich
Baked Beans
Baby Carrots
Zucchini Slices
Watermelon 
Applesauce

31 Sausage Breakfast Pizza
Fruit, Juice & Milk

Breaded Chicken Patty on a Bun
Sun Butter Sandwich
Steamed Edamame
Romaine Salad
Tomato Slices
Mandarin Oranges
Diced Pears



Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.

Need help paying for school meals? See if you qualify for meal assistance. Apply online at www.schoolmealapp.com. If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at norwalk.revtrak.net. If you have not yet registered for account balance information, you may do so at www.schoolcafe.com.

* Entrée May Contain Pork Only Whole Grain Products Are Served A Variety of Condiments Are Offered Daily
USDA is an equal opportunity provider. Menu is subject to change without notice.

Cereal & Graham Crackers are offered daily as a breakfast option. A Variety of Milk is Offered Daily-1% White or Skim White, Chocolate or Strawberry
Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.