








Norwalk Community School District-Lakewood Elementary

OCTOBER 2021 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Students will receive a free breakfast and a free lunch meal each school day. They must select a complete meal, which must include a 1/2 cup of a fruit or vegetable. Single cartons of milk can be purchased for \$.50.</p>			<p>1 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Mini Corn Dogs <i>or</i> Deli Turkey Sandwich Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail</p>
<p>4 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Hamburger <i>or</i> Deli Ham* & Cheese Sandwich Steamed Corn Baby Carrots/Vegetable Choice Pineapple & Cookie Mandarin Oranges</p>	<p>5 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Chicken Tenders/Dinner Roll <i>or</i> Diced Ham*/Dinner Roll Steamed Broccoli Chilled Edamame/Baby Carrots Apricots Cinnamon Applesauce</p>	<p>6 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Pepperoni Pizza* <i>or</i> Deli Turkey on a Bun Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries</p>	<p>7 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Grilled Cheese Sandwich <i>or</i> Deli Ham* on a Bun Oven Baked Tater Tots Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches</p>	<p>8 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Walking Taco/Salsa Deli Turkey Sandwich Taco Fiesta Beans Shredded Lettuce/Diced Tomatoes Strawberry Kiwi Side Kick Pears</p>
<p>11 <i>National School Lunch Week Oct. 11-15</i>  Let's Celebrate! National School Lunch week</p>	<p>12 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Orange Chicken/Rice <i>or</i> Deli Turkey & Cheese on a Bun Steamed Broccoli Chilled Edamame/Celery Sticks Fruit Cocktail Applesauce </p>	<p>13 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Macaroni & Cheese/Bread Stick <i>or</i> Diced Ham/ Bread Stick Green Beans Chilled Peas/Baby Carrots Craisins Grapes </p>	<p>14 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Pancakes/Sausage Patties* <i>or</i> Deli Turkey Sandwich Hash Brown Potato Baby Carrots/Celery  100% Orange Juice Apple Slices</p>	<p>15 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Ultimate Cheese Bites/Marinara Diced Ham/Dinner Roll Baked Beans Chilled Edamame/Baby Carrots Pineapple Pears/Rice Krispie Treat </p>
<p>18 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Chicken Nuggets <i>or</i> Sun Butter & Jelly Sandwich Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges</p>	<p>19 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Cheese Burger <i>or</i> Diced Ham*/Dinner Roll Corn Red Pepper Strips/Baby Carrots Fruity Side Kick Fruit Cocktail</p>	<p>20 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Hot Dog on a Bun* <i>or</i> Deli Turkey on a Bun Baked Beans Cucumber Slices/Baby Carrots Apple Slices Thickened Strawberries</p>	<p>21 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Breaded Chicken Patty on a Bun <i>or</i> Deli Ham* & Cheese on a Bun Sweet Potato Fries Baby Carrots/Broccoli Pears Apricots</p>	<p>22 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Cheese Stuffed Sticks/Marinara <i>or</i> Deli Turkey Sandwich Green Beans Assorted Veggies/Chilled Peas Pineapple Peaches</p>
<p>25 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Cheese Pizza <i>or</i> Diced Turkey/Dinner Roll Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce</p>	<p>26 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>French Toast Sticks/Cheese Omelet <i>or</i> Diced Ham*/Dinner Roll Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice</p>	<p>27 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Soft Beef Taco <i>or</i> Turkey & Cheese Roll-Up Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Grapes</p>	<p>28 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Bosco Cheese Sticks/Marinara <i>or</i> Diced Ham*/Dinner Roll Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Peaches</p>	<p>29 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk</p> <hr style="border-top: 1px dashed black;"/> <p>Mini Corn Dogs <i>or</i> Deli Turkey Sandwich Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail</p>
<p>* Entrée May Contain Pork Only Whole Grain-Rich Products Are Served A Variety of Condiments Are Offered Daily USDA is an equal opportunity provider. Menu is subject to change without notice.</p> <p>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</p> <p>Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.</p>				