






Norwalk Community School District-Lakewood Elementary



SEPTEMBER 2021 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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.	1 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	2 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	3 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk
		Soft Beef Taco <i>or</i> Turkey & Cheese Roll-Up Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Crisp Grapes	Breaded Mozzarella Sticks/Marinara <i>or</i> Diced Ham*/Dinner Roll Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	Mini Corn Dogs <i>or</i> Deli Turkey Sandwich Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
6 NO SCHOOL TODAY! 	7 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Chicken Tenders/Dinner Roll <i>or</i> Diced Ham*/Dinner Roll Steamed Broccoli Chilled Edamame/Baby Carrots Apricots Cinnamon Applesauce	8 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Pepperoni Pizza* <i>or</i> Deli Turkey on a Bun Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	9 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Grilled Cheese Sandwich <i>or</i> Deli Ham* on a Bun Oven Baked Tater Tots Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches	10 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Walking Taco/Salsa/Doritos Deli Turkey Sandwich  Hawkeye Black Beans Shredded Lettuce/Diced Tomatoes Strawberry-Mango Cyclone Side Kick Pears
13 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Cheese Pizza <i>or</i> Deli Ham* Sandwich Mixed Vegetables Baby Carrots/Vegetable Choice Blueberries Pineapple	14 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Macaroni & Cheese/Bread Stick Diced Ham*/Dinner Roll Green Beans Chilled Peas/Baby Carrots Craisins Grapes	15 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Popcorn Chicken <i>or</i> Deli Turkey & Cheese on a Bun Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	16 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Pancakes/Sausage Patties* <i>or</i> Diced Ham*/Dinner Roll Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Apple Slices	17 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Ultimate Cheese Bites/Marinara Deli Turkey Sandwich Baked Beans Chilled Edamame/Baby Carrots Pineapple Pears
20 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Chicken Nuggets <i>or</i> Sun Butter & Jelly Sandwich Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	21 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Cheese Burger <i>or</i> Diced Ham*/Dinner Roll Corn Red Pepper Strips/Baby Carrots Apricots Apple Slices	22 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Hot Dog on a Bun* <i>or</i> Deli Turkey on a Bun Baked Beans Cucumber Slices/Baby Carrots Fruit Cocktail Thickened Strawberries	23 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Breaded Chicken Patty on a Bun <i>or</i> Deli Ham* & Cheese on a Bun Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Mandarin Oranges	24 Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Cheese Stuffed Sticks/Marinara <i>or</i> Deli Turkey Sandwich Green Beans Chilled Peas/Veggie Choice Pineapple Peaches
27 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Cheese Pizza <i>or</i> Diced Turkey/Dinner Roll Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	28 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk French Toast Sticks/Cheese Omelet <i>or</i> Diced Ham*/Dinner Roll Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice	29 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Soft Beef Taco <i>or</i> Turkey & Cheese Roll-Up Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Crisp Grapes	30 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk Bosco Cheese Sticks/Marinara <i>or</i> Diced Ham*/Dinner Roll Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	

The USDA has extended the opportunity for every K-12 student in Norwalk to have a free breakfast meal and a free lunch meal each school day, regardless of household income. The Nutrition Department is grateful that each student has this opportunity. 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. We would love to see you there!

Nutritional information, including common food allergens can be found at norwalkschools.nutrislice.com. If your student brings a lunch from home, they may purchase a carton of milk in the cafeteria. To fund those purchases, you can make online payments at norwalk.revtrak.net. If you would like to complete a meal assistance application, so that your family may qualify for free or reduced price school fees or other programs like the P-EBT, you may do that at www.schoolcafe.com or you can call the Nutrition Department directly at 515-981-9876 for more information. You have until September 30, 2021 to complete the fee waiver.

* 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.

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 a choice of fruit & vegetable sides, as well as a carton of milk.