






# Norwalk Community School District-Lakewood Elementary



SEPTEMBER 2022 BREAKFAST AND LUNCH MENU

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|    | <b>Elementary Meal Pricing:</b><br>Elementary Breakfast \$2.05<br>Reduced Priced Breakfast \$3.00<br>Elementary Lunch \$3.00<br>Reduced Priced Lunch \$4.40<br>Single Carton of Milk \$.50   |  | <b>1</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk  | <b>2</b> Mini Blueberry Pancakes <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk  |
|   |  |  | <b>Breaded Mozzarella Sticks/Marinara</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Sweet Potato Fries<br>Baby Carrots/Broccoli<br>Pears<br>Peaches   | <b>Lakewood Tailgate Lunch!</b>   |
| <b>NO SCHOOL TODAY!</b><br>  | <b>6</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk   | <b>7</b> Egg & Cheese Muffin <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk   | <b>8</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk  | <b>9</b> Mini Confetti Pancakes <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk   |
|   | <b>Chicken Tenders/Dinner Roll</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Steamed Broccoli<br>Chilled Edamame/Baby Carrots<br>Fresh Orange Slices<br>Cinnamon Applesauce  | <b>Pepperoni Pizza*</b> <i>or</i><br><b>Deli Ham *Sandwich</b><br>Glazed Carrots<br>Cucumber Slices/Fresh Broccoli<br>Banana & WG Chocolate Chip Cookie<br>Thickened Strawberries  | <b>Grilled Cheese Sandwich</b> <i>or</i><br><b>Deli Ham* on a Bun</b><br>Oven Baked Potato Wedges<br>Romaine Salad/Cherry Tomatoes<br>Cinnamon Spiced Baked Apples<br>Peaches   | <b>Walking Taco/Salsa</b> <i>or</i><br><b>Deli Turkey Sandwich</b> <br>Hawkeye Black Beans<br>Shredded Lettuce/Diced Tomatoes<br>Frozen Fruit Slushy<br>Pears              |
| <b>12</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Cheese Pizza</b> <i>or</i><br><b>Deli Ham* Sandwich</b><br>Mixed Vegetables<br>Baby Carrots/Vegetable Choice<br>Blueberries<br>Pineapple                    | <b>13</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Macaroni &amp; Cheese/Bread Stick</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Green Beans<br>Chilled Peas/Baby Carrots<br>Craisins<br>Grapes         | <b>14</b> Egg & Cheese Muffin <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Popcorn Chicken</b> <i>or</i><br><b>Deli Turkey &amp; Cheese on a Bun</b><br>Mashed Potatoes<br>Fresh Broccoli/Celery Sticks<br>Fruit Cocktail<br>Applesauce | <b>15</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Pancakes/Sausage Patties*</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Hash Brown Potato<br>Baby Carrots/Celery<br>100% Orange Juice<br>Apple Slices                 | <b>16</b> Mini Blueberry Waffles <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Queso Blanco/Tortilla Chips</b> <i>or</i><br><b>Deli Turkey Sandwich</b><br>Refried Beans<br>Shredded Lettuce/Diced Tomatoes<br>Pineapple<br>Peaches |
| <b>19</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Chicken Nuggets</b> <i>or</i><br><b>Sun Butter &amp; Jelly Sandwich</b><br>Steamed Broccoli<br>Baby Carrots/Romaine Lettuce<br>Craisins<br>Mandarin Oranges | <b>20</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Cheese Burger</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Corn<br>Red Pepper Strips/Baby Carrots<br>Orange Wedges<br>Apple Slices                    | <b>21</b> Egg & Cheese Muffin <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Corn Dog</b> <i>or</i><br><b>Deli Turkey Sandwich</b><br>Baked Beans<br>Cucumber Slices/Baby Carrots<br>Fruit Cocktail<br>Thickened Strawberries             | <b>22</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Breaded Chicken Patty on a Bun</b> <i>or</i><br><b>Deli Ham* &amp; Cheese on a Bun</b><br>Sweet Potato Fries<br>Baby Carrots/Chilled Edamame<br>Pears<br>Mandarin Oranges | <b>23</b> Mini Confetti Pancakes <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Cheese Stuffed Sticks/Marinara</b> <i>or</i><br><b>Deli Turkey Sandwich</b><br>Green Beans<br>Chilled Peas/Veggie Choice<br>Pineapple<br>Peaches     |
| <b>26</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Cheese Pizza</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Steamed Peas<br>Baby Carrots/Zucchini Slices<br>Blueberries<br>Applesauce                    | <b>27</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>French Toast Sticks/Trix Yogurt</b> <i>or</i><br><b>Ham* Sandwich</b><br>Hash Brown Potato<br>Cherry Tomatoes/Baby Carrots<br>Craisins<br>100% Apple Juice | <b>28</b> Egg & Cheese Muffin <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Soft Beef Taco</b> <i>or</i><br><b>Turkey &amp; Cheese Roll-Up</b><br>Refried Beans/Shredded Cheese<br>Romaine Lettuce/Baby Carrots<br>Apple Crisp<br>Grapes | <b>29</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Hot Dog* on a Bun</b> <i>or</i><br><b>Deli Turkey Sandwich</b><br>Sweet Potato Fries<br>Baby Carrots/Broccoli<br>Pears<br>Peaches   | <b>30</b> Mini Confetti Pancakes <i>or</i><br>Cereal & Graham Crackers<br>Fruit, 100% Juice & Milk<br><b>Bosco Cheese Sticks/Marinara</b> <i>or</i><br><b>Deli Turkey Sandwich</b><br>Green Beans<br>Chilled Edamame/Veggie Choice<br>Pineapple<br>Peaches    |

Need help paying for school meals? See if your household qualifies for meal assistance. Apply online at [www.schoolcafe.com](http://www.schoolcafe.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](http://norwalk.revtrak.net). If you have not yet registered for account balance information, you may do so at [www.schoolcafe.com](http://www.schoolcafe.com). You have until September 30, 2022 to complete the fee waiver if you were approved for free or reduced-priced school meals.

*Nutritional information, including common food allergens can be found at [norwalkschools.nutrislice.com](http://norwalkschools.nutrislice.com). Unexpected supply chain issues, may result in sudden menu changes. Nutri-Slice will have the most up to date information and we will do our best to update menu changes there before the start of the school day.*

\* 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.