






# Norwalk Community School District-Orchard Hills Elementary



SEPTEMBER 2022 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Elementary Meal Pricing:</b> Elementary Breakfast \$2.05 Reduced Priced Breakfast \$3.00 Elementary Lunch \$3.00 Reduced Priced Lunch \$4.40 Single Carton of Milk \$.50		<b>1</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	<b>2</b> Mini Blueberry Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk
			<b>Breaded Mozzarella Sticks/Marinara</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	<b>Mini Corn Dogs</b> <i>or</i> <b>Deli Turkey Sandwich</b> Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
<b>5</b> <b>NO SCHOOL TODAY!</b> 	<b>6</b> French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Chicken Tenders/Dinner Roll</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Steamed Broccoli Chilled Edamame/Baby Carrots Fresh Orange Slices Cinnamon Applesauce	<b>7</b> Egg & Cheese Muffin <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Pepperoni Pizza*</b> <i>or</i> <b>Deli Ham *Sandwich</b> Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	<b>8</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Grilled Cheese Sandwich</b> <i>or</i> <b>Deli Ham* on a Bun</b> Oven Baked Potato Wedges Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches	<b>9</b> Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Walking Taco/Salsa</b> <i>or</i> <b>Deli Turkey Sandwich</b> Hawkeye Black Beans  Shredded Lettuce/Diced Tomatoes Frozen Fruit Slushy Pears
<b>12</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Cheese Pizza</b> <i>or</i> <b>Deli Ham* Sandwich</b> Mixed Vegetables Baby Carrots/Vegetable Choice Blueberries Pineapple	<b>13</b> French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Macaroni &amp; Cheese/Bread Stick</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Green Beans Chilled Peas/Baby Carrots Craisins Grapes	<b>14</b> Egg & Cheese Muffin <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Popcorn Chicken</b> <i>or</i> <b>Deli Turkey &amp; Cheese on a Bun</b> Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	<b>15</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Pancakes/Sausage Patties*</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Apple Slices	<b>16</b> Mini Blueberry Waffles <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Queso Blanco/Tortilla Chips</b> <i>or</i> <b>Deli Turkey Sandwich</b> Refried Beans Shredded Lettuce/Diced Tomatoes Pineapple Pears
<b>19</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Chicken Nuggets</b> <i>or</i> <b>Sun Butter &amp; Jelly Sandwich</b> Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	<b>20</b> French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Cheese Burger</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Corn Red Pepper Strips/Baby Carrots Orange Wedges Apple Slices	<b>21</b> Egg & Cheese Muffin <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Corn Dog</b> <i>or</i> <b>Deli Turkey Sandwich</b> Baked Beans Cucumber Slices/Baby Carrots Fruit Cocktail Thickened Strawberries	<b>22</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Breaded Chicken Patty on a Bun</b> <i>or</i> <b>Deli Ham* &amp; Cheese on a Bun</b> Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Mandarin Oranges	<b>23</b> Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Cheese Stuffed Sticks/Marinara</b> <i>or</i> <b>Deli Turkey Sandwich</b> Green Beans Chilled Peas/Veggie Choice Pineapple Peaches
<b>26</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Cheese Pizza</b> <i>or</i> <b>Diced Ham*/Dinner Roll</b> Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	<b>27</b> French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>French Toast Sticks/Cheese Omelet</b> <i>or</i> <b>Ham* Sandwich</b> Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice	<b>28</b> Egg & Cheese Muffin <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Soft Beef Taco</b> <i>or</i> <b>Turkey &amp; Cheese Roll-Up</b> Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Crisp Grapes	<b>29</b> Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Hot Dog* on a Bun</b> <i>or</i> <b>Deli Turkey Sandwich</b> Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	<b>30</b> Mini Confetti Pancakes <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk <b>Bosco Cheese Sticks/Marinara</b> <i>or</i> <b>Deli Turkey Sandwich</b> Green Beans Chilled Edamame/Veggie Choice Pineapple 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.