






Norwalk Community School District-Oviatt Elementary



SEPTEMBER 2022 BREAKFAST AND LUNCH MENU

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