



Norwalk Community School District-Lakewood Elementary



OCTOBER 2022 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	4 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	5 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	6 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	7 Variety of Mini Entrees <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk
Garlic Cheese Bread <i>or</i> Deli Ham* Sandwich Mixed Vegetables Baby Carrots/Green & Red Peppers Blueberries Pineapple	Chicken Tenders/Dinner Roll <i>or</i> Diced Ham*/Dinner Roll Steamed Broccoli Chilled Edamame/Baby Carrots Orange Wedges Cinnamon Applesauce	Pepperoni Pizza* <i>or</i> Deli Turkey Sandwich Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	Grilled Cheese Sandwich <i>or</i> Deli Ham* Sandwich Tater Tots Romaine Salad/Cherry Tomatoes Watermelon Peaches	Walking Taco/Salsa <i>or</i> Deli Ham* Sandwich Fiesta Black Beans Shredded Lettuce/Diced Tomatoes Mandarin Oranges Pears
10 No School Today!	11 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	12 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	13 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	14 Variety of Mini Entrees <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk
National School Lunch Week Peace, Love & School LUNCH	Popcorn Chicken <i>or</i> Deli Turkey & Cheese on Bun Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce & WG Chocolate Chip Cookie	Pasta & Meat Sauce/Breadstick <i>or</i> Deli Ham *Sandwich Steamed Broccoli Chilled Peas/Baby Carrots Grapes Craisins	Pancakes/Sausage Patties* <i>or</i> Deli Turkey Sandwich Hash Brown Potato Baby Carrots/Edamame 100% Orange Juice Apple Slices	Queso Blanco/Tortilla Chips <i>or</i> Deli Turkey Sandwich Refried Beans Shredded Lettuce/Diced Tomatoes Peaches Pears
17 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	18 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	19 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	20 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	21 Variety of Mini Entrees <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 Romaine Lettuce/Tomato Slices Apricots 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/Romaine Lettuce Pineapple Peaches
24 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	25 French Toast Sticks <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	26 Cheese Omelet/Toast <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	27 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	28 Variety of Mini Entrees <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	Soft Beef Taco <i>or</i> Turkey & Cheese Roll-Up Refried Beans/Shredded Cheese Shredded Lettuce/Diced Tomatoes Apple Crisp Fresh Grapes	French Toast Sticks/Trix Yogurt <i>or</i> Ham* Sandwich Hash Brown Potato Celery/Baby Carrots Craisins 100% Apple Juice	Hot Dog* on a Bun <i>or</i> Deli Turkey Sandwich Baked Beans Baby Carrots/Broccoli Pears Peaches	Bosco Cheese Sticks/Marinara <i>or</i> Deli Turkey Sandwich Corn Edamame/Romaine Lettuce Pineapple Mandarin Oranges
31 Bacon Breakfast Pizza <i>or</i> Cereal & Graham Crackers Fruit, 100% Juice & Milk	<u>Elementary Meal Pricing:</u> Elementary Breakfast \$2.05 Reduced Priced Breakfast \$.30 Elementary Lunch \$3.00 Reduced Priced Lunch \$.40 Single Carton of Milk \$.50			
Pepperoni French Bread* <i>or</i> Diced Turkey/Dinner Roll Mixed Vegetables Baby Carrots/Cucumber Slices Orange Wedges Pineapple				

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.