


**Norwalk Community School District-Oviatt Elementary**

SEPTEMBER 2023 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p align="center"><u>Elementary Meal Pricing:</u>                      Elementary Breakfast \$2.15                      Reduced Priced Breakfast \$.30                      Elementary Lunch \$3.10                      Reduced Priced Lunch \$.40                      Single Carton of Milk \$.50</p>	<p>1 Variety of Mini Entrees <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <hr/> <p><b>Pancakes/Sausage Patties*</b> <i>or</i>  <b>Cheese Sandwich</b>                      Hash Brown                      Baby Carrots/Grape Tomatoes                      100% Fruit Juice                      Apple Slices</p>
<p>4 No School Today!</p> 	<p>5 French Toast Sticks <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Popcorn Chicken</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Steamed Broccoli                      Baby Carrots/Cauliflower                      Craisins                      Mandarin Oranges</p>	<p>6 Egg &amp; Cheese Omelet/Toast <i>or</i>                      Cereal &amp;                      Fruit, 100% Juice &amp; Milk</p> <p><b>Stuffed Crust Cheese Pizza</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Green Beans                      Chilled Edamame/Baby Carrots                      Fruit Cocktail                      Thickened Strawberries</p>	<p>7 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Corn Dog</b> <i>or</i>  <b>Cheese Sandwich</b>                      Steamed Corn                      Romaine Salad/Zucchini                      Pears                      Baked Apples</p>	<p>8 Variety of Mini Entrees <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <hr/> <p><b>Queso Blanco/Tortilla Scoops</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Refried Beans                      Baby Carrots/Diced Tomatoes                      Pineapple                      Peaches</p>
<p>11 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Pizza Crunchers</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Steamed Peas                      Baby Carrots/Cucumber Slices                      Blueberries                      Applesauce</p>	<p>12 French Toast Sticks <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Cheese Burger</b> <i>or</i>  <b>Turkey Ham Sandwich</b>                      Oven Baked French Fries                      Romaine Lettuce/Tomato Slices                      Fresh Grapes                      Apple Slices</p>	<p>13 Egg &amp; Cheese Omelet/Toast <i>or</i>                      Cereal &amp;                      Fruit, 100% Juice &amp; Milk</p> <p><b>Beef Soft Taco/Cheese</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Refried Beans                      Shredded Romaine/Diced Tomatoes                      Apple Crisp                      Craisins</p>	<p>14 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Bosco Cheese Sticks/Marinara</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Steamed Broccoli                      Baby Carrots/Chilled Edamame                      Peaches                      Pears</p>	<p>15 Variety of Mini Entrees <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <hr/> <p><b>Grilled Cheese Sandwich</b> <i>or</i>  <b>Diced Ham*/Dinner Roll</b>                      Glazed Carrots                      Romaine Lettuce/Broccoli                      Pineapple                      Mandarin Oranges</p>
<p>18 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Orange Chicken/Rice</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Steamed Broccoli                      Baby Carrots/Chilled Peas                      Apple Slices                      Strawberries</p>	<p>19 French Toast Sticks <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Pancakes/Cheese Omelet</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Hash Brown                      Baby Carrots/Celery                      Chilled Blueberries                      100% Fruit Juice Cup</p>	<p>20 Egg &amp; Cheese Omelet/Toast <i>or</i>                      Cereal &amp;                      Fruit, 100% Juice &amp; Milk</p> <p><b>Pepperoni French Bread*</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Sweet Potato Fries                      Chilled Edamame/Romaine Lettuce                      Grapes                      Apricots</p>	<p>21 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Mini Corn Dogs</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Baked Beans                      Romaine Salad/Baby Carrots                      Fruit Cocktail                      Orange Wedges</p>	<p>22 Variety of Mini Entrees <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <hr/> <p><b>Cheese Stuffed Sticks/Marinara</b> <i>or</i>  <b>Diced Ham*/Dinner Roll</b>                      Green Beans                      Broccoli/Cucumbers                      Peaches                      Pears</p>
<p>25 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Garlic Cheese French Bread</b> <i>or</i>  <b>Deli Turkey Sandwich</b>                      Steamed Broccoli                      Baby Carrots/Zucchini Slices                      Baked Apples                      Craisins</p>	<p>26 French Toast Sticks <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Pasta &amp; Meat Sauce</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Steamed Green Beans                      Romaine Lettuce/Red Pepper Strips                      Fruit Cocktail                      Peach Applesauce Cup</p>	<p>27 Egg &amp; Cheese Omelet/Toast <i>or</i>                      Cereal &amp;                      Fruit, 100% Juice &amp; Milk</p> <p><b>Deep Dish Cheese Pizza</b> <i>or</i>  <b>Diced Ham*/Dinner Roll</b>                      Corn                      Chilled Edamame/Baby Carrots                      Peaches                      Apple Slices</p>	<p>28 Bacon Breakfast Pizza <i>or</i>                      Cereal &amp; Graham Crackers                      Fruit, 100% Juice &amp; Milk</p> <p><b>Walking Taco/Salsa</b> <i>or</i>  <b>Deli Ham* Sandwich</b>                      Refried Beans                      Romaine Salad/Diced Tomatoes                      Pears                      Mandarin Oranges</p>	<p>29</p> <p align="center"><b>NO SCHOOL TODAY!</b></p>

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, 2023 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

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.