

Norwalk Community School District-Head Start





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheerios, Apple Slices	3 Graham Crackers,	4 Cheerios, Apple Slices	5 Rice Chex,	6
& 1% Milk	Applesauce & 1% Milk	& 1% Milk	Craisins & 1% Milk	
Chicken Nuggets	Cheese Pizza	Hamburger on a Bun	Macaroni & Cheese/Roll	
Sweet Potato Fries	Romaine Salad	Mashed Potatoes	Romaine Salad	No School for Head Start
Pineapple & 1% Milk	Fruit Cocktail & 1% Milk	Strawberries & 1% Milk	Watermelon & 1% Milk	
PM SNACK	PM SNACK	PM SNACK	PM SNACK	
Goldfish/Baby Carrots	Cinnamon Applesauce Cup/Cheerios	Apple Slices/Broccoli Florettes	Orange Wedges/Rice Chex	
9 Kix Cereal, Raisins,	10 Rice Chex, Craisins	11 Graham Crackers, Apple Slices,	12 Cheerios, Craisins	13 WGR Pancakes,
& 1% Milk	& 1% Milk	& 1% Milk	& 1% Milk	Apple Slices & 1 % Milk
Pepperoni Pizza*	Chicken Tenders	Hot Dog* on a Bun	Breaded Chicken Patty on Bun	Pancakes/Sausage Patties*
Steamed Broccoli	Potato Smiles	Corn	Baked Beans	Hash Brown
Baked Apples & 1% Milk	Watermelon & 1% Milk	Strawberries & 1% Milk	Pears & 1% Milk	Mixed Berry Cup & 1% Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Craisins/Cauliflower	Goldfish Crackers/Applesauce	Raisins/Broccoli	Grahams/Mandarin Oranges	Baby Carrots & String Cheese
16	17 Graham Crackers, Apple Slices,	18 Rice Chex, Raisins	19 Graham Crackers, Craisins,	20 Cheerios, Applesauce,
	& 1% Milk	& 1% Milk	& 1% Milk	& 1 % Milk
No School for Head Start	Turkey & Gravy/Biscuit	Cheese Pizza	Mini Corn Dogs	Queso Blanco/Tortilla Scoops
	Mashed Potatoes	Corn	Green Beans	Baby Carrots
	Pears & 1% Milk	Thickened Strawberries & 1% Milk	Watermelon & 1% Milk	Pineapple & 1% Milk
	PM SNACK	PM SNACK	PM SNACK	PM SNACK
	Apricots & String Cheese	Baby Carrots & Fruit Cocktail	Red Peppers & Goldfish Crackers	Goldfish Crackers & Applesauce Cup
23 Graham Crackers, Craisins,	24 Kix Cereal, Raisins,	25 Graham Crackers, Apple Slices,	26 Rice Chex, Applesauce,	27 WGR Pancakes,
& 1% Milk	& 1% Milk	& 1% Milk	& 1% Milk	Pears & 1% Milk
Pizza Crunchers	Cheese Burger	Beef Taco Pizza	Bosco Cheese Sticks/Marinara	Grilled Cheese Sandwich
Steamed Peas	Oven Baked French Fries	Romaine Lettuce	Steamed Broccoli	Romaine Lettuce
Applesauce & 1% Milk	Pears & 1% Milk	Watermelon & 1% Milk	Peaches & 1% Milk	Mandarin Oranges & 1% Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Blueberries & Goldfish Crackers	Baby Carrots & Applesauce	Graham Crackers & String Cheese	Pears & Baby Carrots	Pineapple & Vanilla Yogurt
30 Cheerios, Apple Slices	31 Graham Crackers, Raisins,			
& 1% Milk	& 1% Milk			
Popcorn Chicken	Pancakes/Cheese Omelet			
Steamed Broccoli	Broccoli			
Apple Slices & 1% Milk	Watermelon & 1% Milk			
PM SNACK	PM SNACK			
Strawberries & Baby Carrots	String Cheese & Goldfish Crackers			
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 provide	er.	Menu is subject to change without noti-	ce.