



## Norwalk Community School District-Head Start

SEPTEMBER 2023 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<div style="border: 1px solid black; padding: 2px;">1</div> Kix Cereal, Applesauce, & 1% Milk <hr style="border-top: 1px dashed black;"/> Pancakes/Sausage Patties* Hash Brown 100% Fruit Juice <p style="text-align: center;"><b>PM SNACK</b></p> Baby Carrots & String Cheese
<div style="border: 1px solid black; padding: 2px;">4</div> No School Today!  	<div style="border: 1px solid black; padding: 2px;">5</div> Rice Chex, Craisins & 1% Milk <hr style="border-top: 1px dashed black;"/> Popcorn Chicken Steamed Broccoli Mandarin Oranges <p style="text-align: center;"><b>PM SNACK</b></p> Cauliflower & Applesauce	<div style="border: 1px solid black; padding: 2px;">6</div> Graham Crackers, Apple Slices, & 1% Milk <hr style="border-top: 1px dashed black;"/> Stuffed Crust Cheese Pizza Green Beans Thickened Strawberries <p style="text-align: center;"><b>PM SNACK</b></p> Baby Carrots & Fruit Cocktail	<div style="border: 1px solid black; padding: 2px;">7</div> Cheerios, Craisins & 1% Milk <hr style="border-top: 1px dashed black;"/> Corn Dog Steamed Corn Pears <p style="text-align: center;"><b>PM SNACK</b></p> Zucchini & Pears	<div style="border: 1px solid black; padding: 2px;">8</div> Graham Crackers, 100% Juice & 1 % Milk <hr style="border-top: 1px dashed black;"/> Queso Blanco/Tortilla Scoops Baby Carrots Pineapple <p style="text-align: center;"><b>PM SNACK</b></p> Goldfish Crackers & Peaches
<div style="border: 1px solid black; padding: 2px;">11</div> Kix Cereal, Raisins, & 1% Milk <hr style="border-top: 1px dashed black;"/> Pizza Crunchers Steamed Peas Applesauce <p style="text-align: center;"><b>PM SNACK</b></p> Blueberries & Goldfish Crackers	<div style="border: 1px solid black; padding: 2px;">12</div> Graham Crackers, Apple Slices, & 1% Milk <hr style="border-top: 1px dashed black;"/> Cheese Burger Oven Baked French Fries Pears <p style="text-align: center;"><b>PM SNACK</b></p> Baby Carrots & Applesauce	<div style="border: 1px solid black; padding: 2px;">13</div> Rice Chex, 100% Fruit Juice, & 1% Milk <hr style="border-top: 1px dashed black;"/> Beef Soft Taco/Cheese Romaine Lettuce Craisins <p style="text-align: center;"><b>PM SNACK</b></p> Graham Crackers & String Cheese	<div style="border: 1px solid black; padding: 2px;">14</div> Graham Crackers, Peaches, & 1% Milk <hr style="border-top: 1px dashed black;"/> Bosco Cheese Sticks/Marinara Steamed Broccoli Peaches <p style="text-align: center;"><b>PM SNACK</b></p> Pears & Baby Carrots	<div style="border: 1px solid black; padding: 2px;">15</div> Cheerios, 100% Fruit Juice & 1 % Milk <hr style="border-top: 1px dashed black;"/> Grilled Cheese Sandwich Baby Carrots Mandarin Oranges <p style="text-align: center;"><b>PM SNACK</b></p> Pineapple & Vanilla Yogurt
<div style="border: 1px solid black; padding: 2px;">18</div> Graham Crackers, Applesauce, & 1% Milk <hr style="border-top: 1px dashed black;"/> Popcorn Chicken Steamed Broccoli Apple Slices <p style="text-align: center;"><b>PM SNACK</b></p> Strawberries & Baby Carrots	<div style="border: 1px solid black; padding: 2px;">19</div> Kix Cereal, Raisins, & 1% Milk <hr style="border-top: 1px dashed black;"/> Pancakes/Cheese Omelet Hash Brown 100% Fruit Juice <p style="text-align: center;"><b>PM SNACK</b></p> Blueberries & Goldfish Crackers	<div style="border: 1px solid black; padding: 2px;">20</div> Graham Crackers, Apple Slices, & 1% Milk <hr style="border-top: 1px dashed black;"/> Pepperoni French Bread* Sweet Potato Fries Apricots <p style="text-align: center;"><b>PM SNACK</b></p> Applesauce & Baby Carrots	<div style="border: 1px solid black; padding: 2px;">21</div> Rice Chex, 100% Fruit Juice, & 1% Milk <hr style="border-top: 1px dashed black;"/> Mini Corn Dogs Baked Beans Fruit Cocktail <p style="text-align: center;"><b>PM SNACK</b></p> Orange Wedges & Baby Carrots	<div style="border: 1px solid black; padding: 2px;">22</div> <p style="text-align: center;"><b>No Head Start Today!</b></p> 
<div style="border: 1px solid black; padding: 2px;">25</div> Cheerios, Apple Slices & 1% Milk <hr style="border-top: 1px dashed black;"/> Garlic Cheese French Bread Steamed Broccoli Baked Apples <p style="text-align: center;"><b>PM SNACK</b></p> Zucchini & String Cheese	<div style="border: 1px solid black; padding: 2px;">26</div> Graham Crackers, Raisins, & 1% Milk <hr style="border-top: 1px dashed black;"/> Pasta & Meat Sauce Steamed Green Beans Fruit Cocktail <p style="text-align: center;"><b>PM SNACK</b></p> Peach Applesauce & Goldfish Crackers	<div style="border: 1px solid black; padding: 2px;">27</div> Rice Chex, 100% Fruit Juice, & 1% Milk <hr style="border-top: 1px dashed black;"/> Deep Dish Cheese Pizza Corn Peaches <p style="text-align: center;"><b>PM SNACK</b></p> Graham Crackers & Baby Carrots	<div style="border: 1px solid black; padding: 2px;">28</div> Mini Pancakes, Oranges, & 1% Milk <hr style="border-top: 1px dashed black;"/> Walking Taco/Salsa Refried Beans Mandarin Oranges <p style="text-align: center;"><b>PM SNACK</b></p> Pears & String Cheese	<div style="border: 1px solid black; padding: 2px;">29</div> Cheerios, 100% Fruit Juice, & 1 % Milk <hr style="border-top: 1px dashed black;"/> Deli Ham Sandwich Baby Carrots Pears <p style="text-align: center;"><b>PM SNACK</b></p> Goldfish Crackers & Apple Slices
<p><i>Nutritional information, including common food allergens can be found at <a href="http://norwalkschools.nutrislice.com">norwalkschools.nutrislice.com</a>. 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.</i></p>				
<p>* 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.</p>				