

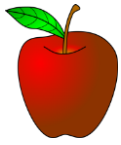


Norwalk Community School District-Lakewood

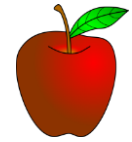


AUGUST 2018 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WELCOME BACK TO SCHOOL



Prices for the 2018-19 School Year

Elementary Breakfast	\$1.75
Elementary Lunch	\$2.60
Individual Milk	\$0.50




23 Cereal, Toast Fruit, Juice & Milk
Chicken Nuggets
String Cheese/Dinner Roll
Sweet Potato Fries
Romaine Salad
Cucumber Slices
Mandarin Oranges
Fruit Cocktail

24 Sausage Pancake on a Stick* Fruit, Juice & Milk
French Toast/Trix Yogurt
Sun Butter Sandwich
Hash Brown
Baby Carrots
Celery Sticks
100% Orange Juice
Craisins

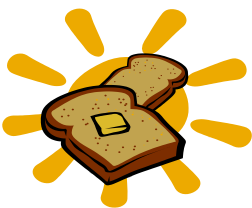
27 Bacon Breakfast Pizza* Fruit, Juice & Milk
Pepperoni Pizza*
Diced Turkey/Dinner Roll
Steamed Broccoli
Baby Carrots
Cucumber Slices
Pineapple
Thickened Strawberries

28 Cheese Omelet, Toast Fruit, Juice & Milk
Chicken Tenders
Diced Ham*/Dinner Roll
Corn
Romaine Salad
Red Pepper Strips
Fresh Apple Slices
Fruit Cocktail

29 French Toast Sticks Fruit, Juice & Milk
Hot Dog on a Bun*
Sun Butter Sandwich
Baked Beans
Baby Carrots
Zucchini Slices
Watermelon 
Applesauce

30 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk
Breaded Chicken Patty on a Bun
Deli Ham Sandwich*
Steamed Edamame
Romaine Salad
Tomato Slices
Mandarin Oranges
Diced Pears

31 Sausage Pancake on a Stick* Fruit, Juice & Milk
Pancakes/Sausage Patties*
Deli Turkey Sandwich
Hash Brown
Baby Carrots
Celery Sticks
100% Orange Juice
Craisins



Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.

Need help paying for school meals? See if you qualify 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.

* Entrée May Contain Pork Only Whole Grain 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 side choices & carton of milk.