



Norwalk Community School District-Oviatt

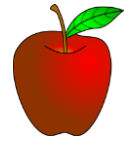


AUGUST 2018 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WELCOME BACK TO SCHOOL




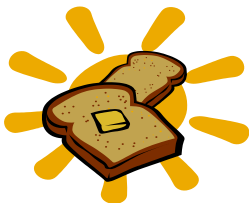
Prices for the 2018-19 School Year

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



23 Cereal, Toast Fruit, Juice & Milk	24 Sausage Pancake on a Stick* Fruit, Juice & Milk
Chicken Nuggets String Cheese/Dinner Roll Sweet Potato Fries Romaine Salad Cucumber Slices Mandarin Oranges Fruit Cocktail	French Toast/Trix Yogurt Sun Butter Sandwich Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Craisins

27 Bacon Breakfast Pizza* Fruit, Juice & Milk	28 Cheese Omelet, Toast Fruit, Juice & Milk	29 French Toast Sticks Fruit, Juice & Milk	30 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	31 Sausage Pancake on a Stick* Fruit, Juice & Milk
Pepperoni Pizza* Diced Turkey/Dinner Roll Steamed Broccoli Baby Carrots Cucumber Slices Pineapple Thickened Strawberries	Chicken Tenders Diced Ham*/Dinner Roll Corn Romaine Salad Red Pepper Strips Fresh Apple Slices Fruit Cocktail	Hot Dog on a Bun* Sun Butter Sandwich Baked Beans Baby Carrots Zucchini Slices Watermelon  Applesauce	Breaded Chicken Patty on a Bun Deli Ham Sandwich* Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	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.