



# Norwalk Community School District-Lakewood



OCTOBER 2018 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bacon Breakfast Pizza* Fruit, Juice & Milk	2 Cheese Omelet, Toast Fruit, Juice & Milk	3 French Toast Sticks Fruit, Juice & Milk	4 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	5 Sausage Pancake on a Stick* Fruit, Juice & Milk
<b>Chicken Nuggets</b> <b>Cheese Slices/Dinner Roll</b> Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>Cheese Pizza</b> <b>Diced Turkey/Dinner Roll</b> Edamame Romaine Lettuce Cherry Tomatoes Apple Wedges Pineapple	<b>Chicken &amp; Noodles/Roll</b> <b>Deli Turkey Sandwich</b> Mashed Potatoes Baby Carrots Broccoli Thickened Strawberries Grapes	<b>Cheese Burger on Bun</b> <b>Deli Ham Sandwich*</b> Baked Beans Romaine Salad Tomato Slices Strawberry Mango Side Kick Peaches	<b>French Toast/Trix Yogurt</b> <b>Sun Butter Sandwich</b> Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries
8 <i>No School!</i>	9 Cheese Omelet, Toast Fruit, Juice & Milk	10 French Toast Sticks Fruit, Juice & Milk	11 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	12 Sausage Pancake on a Stick* Fruit, Juice & Milk
<b>October 11th is Local Food Day</b>  We are showcasing some menu items produced in the fabulous State of Iowa! 	<b>Chicken Tenders</b> <b>Diced Ham*/Dinner Roll</b> Potato Smiles Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>Hot Dog on a Bun*</b> <b>Cheese Sandwich</b> Baked Beans Baby Carrots Zucchini Slices Banana Applesauce	<b>Barilla Pasta w/ Meat Sauce</b> <b>Deli Ham Sandwich*</b> Corn Romaine Salad Chilled Edamame Mandarin Oranges Baked Cinnamon Apples	<b>Pancakes/Sausage Patties*</b> <b>Deli Turkey on WG Bun</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Chilled Blueberries
 <b>National School Lunch Week October 15-19</b> 				
15 Bacon Breakfast Pizza* Fruit, Juice & Milk	16 Cheese Omelet, Toast Fruit, Juice & Milk	17 French Toast Sticks Fruit, Juice & Milk	18 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	19 Sausage Pancake on a Stick* Fruit, Juice & Milk
<b>Popcorn Chicken</b> <b>Hard Boiled Egg/Biscuit</b> Green Beans Baby Carrots Cauliflower Applesauce Fruit Cocktail	<b>Turkey &amp; Gravy/Biscuit</b> <b>Cheese Sandwich</b> Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	<b>Cheese Pizza</b> <b>Turkey Sandwich</b> Sweet Potato Fries Baby Carrots Zucchini Mandarin Oranges Baked Apples	<b>Grilled Cheese Sandwich</b> <b>Deli Ham Sandwich*</b> Steamed Corn Romaine Salad Garbanzo Beans Pineapple Strawberries	<b>Beef &amp; Cheese Nachos</b> <b>Diced Ham*/Dinner Roll</b> Refried Beans Baby Carrots Salsa/Diced Tomatoes Apple Wedges Peaches
22 Bacon Breakfast Pizza* Fruit, Juice & Milk	23 Cheese Omelet, Toast Fruit, Juice & Milk	24 French Toast Sticks Fruit, Juice & Milk	25 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	26 Sausage Pancake on a Stick* Fruit, Juice & Milk
<b>Sloppy Joe on a Bun</b> <b>Deli Ham Sandwich*</b> Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	<b>Pulled BBQ Pork on Bun*</b> <b>Shredded Cheese/Dinner Roll</b> Corn Romaine Salad Broccoli Florettes Strawberry Kiwi Side Kick Fruit Cocktail	<b>Real Slice Pepperoni Pizza*</b> <b>Deli Turkey Sandwich</b> Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	<b>Soft Beef Taco/Salsa</b> <b>Turkey &amp; Cheese Roll Up</b> Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices & Mini Rice Krispy Treat Grapes	<b>Cheese Stuffed Sticks</b> <b>Sun Butter Sandwich</b> Marinara Sauce Baby Carrots Celery Sticks Mandarin Oranges Dried Fruit
29 Bacon Breakfast Pizza* Fruit, Juice & Milk	30 Cheese Omelet, Toast Fruit, Juice & Milk	31 French Toast Sticks Fruit, Juice & Milk	<b>Meal Prices for 2018-19</b>  Elementary Lunch \$2.60 Milk \$.50 Student Breakfast \$1.75	
<b>Real Slice Cheese Pizza</b> <b>Sun Butter Sandwich</b> Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches	<b>Breaded Mozzarella Sticks/Marinara</b> <b>Diced Ham*/Dinner Roll</b> Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	<b>Chicken Sticks/Dinner Roll</b> <b>Sliced Cheese/Dinner Roll</b> Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples		
* 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.				