



Norwalk Community School District-Oviatt



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