



# Norwalk Community School District-Oviatt

JANUARY 2019 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
			<b>3</b> Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	<b>4</b> Sausage Pancake on a Stick* Fruit, Juice & Milk
			<b>Chicken Nuggets</b> <b>Cheese Slices/Dinner Roll</b> Sweet Potato Fries Romaine Salad Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>French Toast/Trix Yogurt</b> <b>Sun Butter Sandwich</b> Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries
<b>7</b> Bacon Breakfast Pizza* Fruit, Juice & Milk	<b>8</b> Cheese Omelet, Toast Fruit, Juice & Milk	<b>9</b> French Toast Sticks Fruit, Juice & Milk	<b>10</b> Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	<b>11</b> Sausage Pancake on a Stick* Fruit, Juice & Milk
<b>Pepperoni Pizza*</b> <b>Diced Turkey/Dinner Roll</b> Steamed Broccoli Baby Carrots Cucumber Slices Pineapple Thickened Strawberries	<b>Chicken Tenders</b> <b>Diced Ham*/Dinner Roll</b> Corn Romaine Salad Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>Hot Dog on a Bun*</b> <b>Sun Butter Sandwich</b> Baked Beans Baby Carrots Zucchini Slices Watermelon Applesauce	<b>Breaded Chicken Patty on a Bun</b> <b>Deli Ham Sandwich*</b> Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	<b>Pancakes/Sausage Patties*</b> <b>Deli Turkey Sandwich</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Craisins
<b>14</b> Bacon Breakfast Pizza* Fruit, Juice & Milk	<b>15</b> Cheese Omelet, Toast Fruit, Juice & Milk	<b>16</b> French Toast Sticks Fruit, Juice & Milk	<b>17</b> Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	<b>18</b> 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
<b>21</b>  <b>NO SCHOOL!</b>  	<b>22</b> Cheese Omelet, Toast Fruit, Juice & Milk	<b>23</b> French Toast Sticks Fruit, Juice & Milk	<b>24</b> Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	<b>25</b> Sausage Pancake on a Stick* Fruit, Juice & Milk
	<b>Sloppy Joe on a Bun</b> <b>Deli Ham Sandwich*</b> Oven Baked French Fries Romaine Salad Chilled Edamame Diced Pears Thickened Strawberries	<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
<b>28</b> Bacon Breakfast Pizza* Fruit, Juice & Milk	<b>29</b> Cheese Omelet, Toast Fruit, Juice & Milk	<b>30</b> French Toast Sticks Fruit, Juice & Milk	<b>31</b> Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	
<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	<b>Corn Dog</b> <b>Diced Turkey/Dinner Roll</b> Green Beans Romaine Salad Red Pepper Strips Applesauce Mandarin Oranges	

\* 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.