

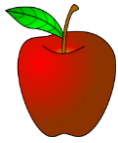


Norwalk Community School District-Orchard Hills Elementary

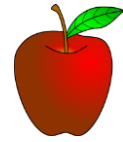


AUGUST 2019 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WELCOME BACK TO SCHOOL



Prices for the 2019-20 School Year

Elementary Breakfast	\$1.85
Elementary Lunch	\$2.70
Individual Milk	\$0.50



23	Cereal, Graham Crackers, Fruit, 100% Juice & Milk
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Popcorn Chicken
Sun Butter Sandwich
 Green Beans
 Baby Carrots
 Pepper Strips
 Mandarin Oranges
 Fruit Cocktail

26	Bacon Breakfast Pizza* Fruit, 100% Juice & Milk
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27	Cheese Omelet, Toast Fruit, 100% Juice & Milk
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28	French Toast Sticks Fruit, 100% Juice & Milk
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29	Sausage Gravy Breakfast Pizza* Fruit, 100% Juice & Milk
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30	Sausage Pancake on a Stick* Fruit, 100% Juice & Milk
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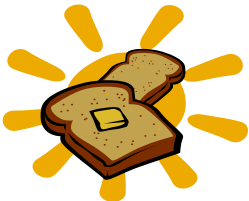
Pepperoni Pizza*
Diced Turkey/Dinner Roll
 Steamed Broccoli
 Baby Carrots
 Cucumber Slices
 Pineapple
 Thickened Strawberries

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

Cheese Stuffed Sticks/Marinara
Deli Turkey Sandwich
 Tater Gems
 Baby Carrots
 Celery Sticks
 Peaches
 Baked Spiced Apples



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.