





Norwalk Community School District-Lakewood



OCTOBER 2019 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheese Omelet, Toast Fruit, Juice & Milk	2 French Toast Sticks Fruit, Juice & Milk	3 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	4 Sausage Pancake on a Stick* Fruit, Juice & Milk
	Breaded Mozzarella Sticks/Marinara Diced Turkey/Dinner Roll Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	Chicken & Noodles/Roll Deli Turkey Sandwich Mashed Potatoes Baby Carrots Broccoli Fruit Cocktail Grapes	Cheese Burger on Bun Deli Ham Sandwich* Baked Beans Romaine Salad Tomato Slices Mandarin Oranges Applesauce	French Toast/Trix Yogurt Sun Butter Sandwich Hash Brown Baby Carrots Celery Sticks & Hummus 100% Fruit Juice Blueberries
7 Bacon Breakfast Pizza* Fruit, Juice & Milk	8 Cheese Omelet, Toast Fruit, Juice & Milk	9 French Toast Sticks Fruit, Juice & Milk	10 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	11 Sausage Pancake on a Stick* Fruit, Juice & Milk
Pepperoni Pizza* Deli Turkey Sandwich Corn Baby Carrots Chilled Edamame Applesauce Peaches	Chicken Tenders Diced Ham*/Dinner Roll Green Beans Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	Hot Dog on a Bun* Cheese Sandwich Baked Beans Baby Carrots Zucchini Slices Pears Thickened Strawberries	Macaroni & Cheese Diced Turkey/Dinner Roll Steamed Peas Romaine Salad Cucumber Slices Mandarin Oranges Pineapple & Mini Rice Krispy Bar	Pancakes/Sausage Patties* Deli Turkey on WG Bun Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Blueberries

National School Lunch Week October 14-18

	14	15 Cheese Omelet, Toast Fruit, Juice & Milk	16 French Toast Sticks Fruit, Juice & Milk	17 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	18 Sausage Pancake on a Stick* Fruit, Juice & Milk
		Popcorn Chicken Sun Butter Sandwich Potato Smiles Romaine Salad Broccoli Florettes Applesauce Peaches	Beef & Cheese Nachos Deli Ham Sandwich* Refried Beans Baby Carrots Salsa/Diced Tomatoes Banana Thickened Strawberries	Breaded Chicken Sandwich Diced Turkey/Dinner Roll Steamed Peas Romaine Salad Tomato Slices Mandarin Oranges Fruit Cocktail	Cheese Stuffed Sticks/Marinara Deli Turkey on WG Bun Tater Gems Baby Carrots Grape Tomatoes Baked Apples Craisins
21 Bacon Breakfast Pizza* Fruit, Juice & Milk	22 Cheese Omelet, Toast Fruit, Juice & Milk	23 French Toast Sticks Fruit, Juice & Milk	24 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	25 Sausage Pancake on a Stick* Fruit, Juice & Milk	
Hamburger on a Bun Colby Jack Cheese/Dinner Roll Ranch Beans Baby Carrots Fresh Veggie Choice Peaches/ & BB Lemon Cookies Strawberries	Cheeseburger Macaroni/Bread Stick Diced Turkey/Bread Stick Steamed Broccoli Romaine Salad Pepper Strips Pears Orange Wedges	Cheese Pizza Deli Ham Sandwich* Sweet Potato Fries Baby Carrots Chilled Edamame Apricots Applesauce	Chicken Nuggets/Roll Shredded Mozzarella Cheese/Roll Steamed Corn Romaine Salad Cucumber Slices Pineapple Mandarin Oranges	Pancakes/Egg Omelet Deli Turkey on WG Bun Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Blueberries	
28 Bacon Breakfast Pizza* Fruit, Juice & Milk	29 Cheese Omelet, Toast Fruit, Juice & Milk	30 French Toast Sticks Fruit, Juice & Milk	31 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk	Meal Prices for 2019-20 Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.85	
Sloppy Joe on a Bun Deli Ham Sandwich* Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	Mini Corn Dogs Colby Jack Cheese/Dinner Roll Glazed Carrots Romaine Salad Broccoli Florettes Mandarin Oranges 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 Orange Cream Side Kick		

* 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.