



Norwalk Community School District-Orchard Hills



OCTOBER 2019 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cheese Omelet, Toast Fruit, Juice & Milk Breaded Mozzarella Sticks/Marinara Diced Turkey/Dinner Roll Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	2 French Toast Sticks Fruit, Juice & Milk Chicken & Noodles/Roll Deli Turkey Sandwich Mashed Potatoes Baby Carrots Broccoli Fruit Cocktail Grapes	3 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Cheese Burger on Bun Deli Ham Sandwich* Baked Beans Romaine Salad Tomato Slices Mandarin Oranges Applesauce	4 Sausage Pancake on a Stick* Fruit, Juice & Milk 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 Pepperoni Pizza* Deli Turkey Sandwich Corn Baby Carrots Chilled Edamame Applesauce Peaches	8 Cheese Omelet, Toast Fruit, Juice & Milk Chicken Tenders Diced Ham*/Dinner Roll Green Beans Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	9 French Toast Sticks Fruit, Juice & Milk Hot Dog on a Bun* Cheese Sandwich Baked Beans Baby Carrots Zucchini Slices Pears Thickened Strawberries	10 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Macaroni & Cheese Diced Turkey/Dinner Roll Steamed Peas Romaine Salad Cucumber Slices Mandarin Oranges Pineapple & Mini Rice Krispy Bar
National School Lunch Week October 14-18				
	14	15 Cheese Omelet, Toast Fruit, Juice & Milk Popcorn Chicken Sun Butter Sandwich Potato Smiles Romaine Salad Broccoli Florettes Applesauce Peaches	16 French Toast Sticks Fruit, Juice & Milk Beef & Cheese Nachos Deli Ham Sandwich* Refried Beans Baby Carrots Salsa/Diced Tomatoes Banana Thickened Strawberries	17 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Breaded Chicken Sandwich Diced Turkey/Dinner Roll Steamed Peas Romaine Salad Tomato Slices Mandarin Oranges Fruit Cocktail
	18	19 Cheese Omelet, Toast Fruit, Juice & Milk Cheeseburger Macaroni/Bread Stick Diced Turkey/Bread Stick Steamed Broccoli Romaine Salad Pepper Strips Pears Orange Wedges	20 French Toast Sticks Fruit, Juice & Milk Cheese Pizza Deli Ham Sandwich* Sweet Potato Fries Baby Carrots Chilled Edamame Apricots Applesauce	21 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Chicken Nuggets/Roll Shredded Mozzarella Cheese/Roll Steamed Corn Romaine Salad Cucumber Slices Pineapple Mandarin Oranges
21 Bacon Breakfast Pizza* Fruit, Juice & Milk Hamburger on a Bun Colby Jack Cheese/Dinner Roll Ranch Beans Baby Carrots Fresh Veggie Choice Peaches/ & BB Lemon Cookies Strawberries	22 Cheese Omelet, Toast Fruit, Juice & Milk Cheeseburger Macaroni/Bread Stick Diced Turkey/Bread Stick Steamed Broccoli Romaine Salad Pepper Strips Pears Orange Wedges	23 French Toast Sticks Fruit, Juice & Milk Cheese Pizza Deli Ham Sandwich* Sweet Potato Fries Baby Carrots Chilled Edamame Apricots Applesauce	24 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Chicken Nuggets/Roll Shredded Mozzarella Cheese/Roll Steamed Corn Romaine Salad Cucumber Slices Pineapple Mandarin Oranges	25 Sausage Pancake on a Stick* Fruit, Juice & Milk 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 Sloppy Joe on a Bun Deli Ham Sandwich* Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	29 Cheese Omelet, Toast Fruit, Juice & Milk Mini Corn Dogs Colby Jack Cheese/Dinner Roll Glazed Carrots Romaine Salad Broccoli Florettes Mandarin Oranges Fruit Cocktail	30 French Toast Sticks Fruit, Juice & Milk Real Slice Pepperoni Pizza* Deli Turkey Sandwich Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	31 Sausage Gravy Breakfast Pizza* Fruit, Juice & Milk Soft Beef Taco/Salsa Turkey & Cheese Roll Up Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices Orange Cream Side Kick	Meal Prices for 2019-20 Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.85
<p>* 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.</p> <p>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</p> <p>Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.</p>				