

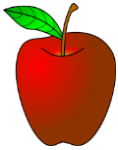


# Norwalk Community School District-Orchard Hills

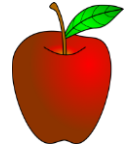


AUGUST 2020 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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# WELCOME BACK TO SCHOOL!



### Prices for the 2020-21 School Year

Elementary Breakfast	\$1.85
Elementary Lunch	\$2.80
Individual Milk	\$0.50

24	25	26	27	28
Cereal, Graham Crackers, Fruit, 100% Juice & Milk	Cereal, Graham Crackers, Fruit, 100% Juice & Milk	Cereal, Graham Crackers, Fruit, 100% Juice & Milk	Cereal, Graham Crackers, Fruit, 100% Juice & Milk	Cereal, Graham Crackers, Fruit, 100% Juice & Milk
<b>Chicken Tenders</b> Steamed Broccoli Baby Carrots Cucumber Slices Pears Thickened Strawberries	<b>Hamburger on a Bun</b> Corn Romaine Salad Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>Hot Dog on a Bun*</b> Baked Beans Baby Carrots Zucchini Slices Orange Wedges Applesauce	<b>Breaded Chicken Patty on a Bun</b> Sweet Potato Fries Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	<b>Cheese Stuffed Sticks/Marinara</b> Tater Gems Baby Carrots Celery Sticks Peaches Baked Spiced Apples

31	<p><b>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.</b></p>			
Cereal, Graham Crackers, Fruit, 100% Juice & Milk				
<b>Cheese Pizza</b> Steamed Peas Baby Carrots Cucumber Slices Fruit Cocktail Pineapple				

***Need help paying for school meals? See if you qualify for meal assistance. Apply online at [www.schoolcafe.com](http://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](http://norwalk.revtrak.net). If you have not yet registered for account balance information, you may do so at [www.schoolcafe.com](http://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 or yogurt & string cheese option daily. All meals include side choices & carton of milk.