


Norwalk Community School District-Elementary

OCTOBER 2020 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A free breakfast is offered each day before school. Join us each morning beginning at 7:30. We hope to see you there!</p> 			<p>1 Cereal, Juice & Milk</p> <p>Chicken Tenders <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Mandarin Oranges</p> <p>Baked Apples</p>	<p>2 Cereal, Fruit & Milk</p> <p>Cheese Nachos <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Baby Carrots</p> <p>Peaches</p>
<p>5 Cereal, Fruit & Milk</p> <p>Chicken Nuggets <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Pineapple</p> <p>Baby Carrots</p>	<p>6 Cereal, Juice & Milk</p> <p>French Toast Sticks/Cheese Omelet <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Tritater</p> <p>100% Fruit Juice</p>	<p>7 Cereal, Fruit & Milk</p> <p>Hot Dog on a Bun* <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Baby Carrots</p> <p>Apple Wedges</p>	<p>8 Cereal, Juice & Milk</p> <p>Breaded Chicken Sandwich <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Glazed Carrots</p> <p>Peaches</p>	<p>9 Cereal, Fruit & Milk</p> <p>Cheese Stuffed Sticks/Marinara <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Fruit Choice</p> <p>Baby Carrots</p>
<p>12 Cereal, Fruit & Milk</p> <p>Cheese Pizza <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Applesauce</p> <p>Baby Carrots</p>	<p>13 Cereal, Juice & Milk</p> <p>Breaded Mozzarella Sticks/Marinara <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Fresh Veggies/Ranch</p> <p>Mandarin Oranges</p>	<p>14 </p> <p>No School Today!</p>	<p>15 Cereal, Juice & Milk</p> <p>Popcorn Chicken <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Sweet Potato Fries</p> <p>Fresh Fruit</p>	<p>16 Cereal, Fruit & Milk</p> <p>Pepperoni French Bread Pizza* <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Baby Carrots</p> <p>Peaches</p>
<p>19 Cereal, Fruit & Milk</p> <p>Chicken Tenders <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Tater Tots</p> <p>Apples Wedges</p>	<p>20 Cereal, Juice & Milk</p> <p>Pancakes/Sausage Patties* <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Veggie Choice</p> <p>Orange Wedges</p>	<p>21 Cereal, Fruit & Milk</p> <p>Walking Taco <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Fresh Veggies/Ranch</p> <p>Mandarin Oranges</p>	<p>22 Cereal, Juice & Milk</p> <p>Macaroni & Cheese <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Baby Carrots</p> <p>Pears</p>	<p>23 Cereal, Fruit & Milk</p> <p>Pepperoni Real Slice Pizza* <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Fruit Cocktail</p> <p>Baby Carrots</p>
<p>26 Cereal, Fruit & Milk</p> <p>Orange Chicken/Rice <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Applesauce</p> <p>Baby Carrots & Cookie</p>	<p>27 Cereal, Juice & Milk</p> <p>Grilled Cheese Sandwich <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Fresh Veggies/Ranch</p> <p>Orange Wedges</p>	<p>28 Cereal, Fruit & Milk</p> <p>Hot Dog on a Bun* <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Mandarin Oranges</p> <p>Baby Carrots</p>	<p>29 Cereal, Juice & Milk</p> <p>Breaded Chicken Patty on a Bun <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Celery Sticks</p> <p>Apple Wedges</p>	<p>30 Cereal, Fruit & Milk</p> <p>Cheese Stuffed Sticks/Marinara <i>or</i></p> <p>Yogurt, String Cheese & Roll</p> <p>Steamed Broccoli</p> <p>Pears</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.

Each meal comes with a carton of milk - Skim White or Skim Chocolate

Students may choose a hot entrée, or yogurt & string cheese option daily. All meals include side choices & carton of milk.