
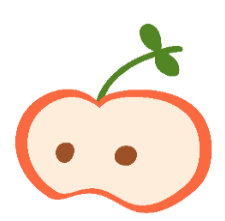
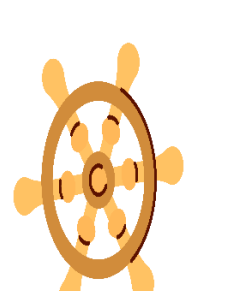









Norwalk Community School District-Head Start
OCTOBER 2024 BREAKFAST, LUNCH AND SNACK MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024</p>	1 French Toast Sticks Cinnamon Applesauce Cup & 1% Milk	2 Cheese Omelet/Toast Banana & 1% Milk	3 Egg & Bagel Sandwich Apple Slices & 1% Milk	NO HEAD START TODAY!
	Cheese Pizza Glazed Carrots Peaches & 1% Milk PM SNACK Baby Carrots Cinnamon Goldfish Graham	Hamburger Baked Beans Strawberries & 1% Milk PM SNACK Chex Cereal String Cheese	Macaroni & Cheese Steamed Peas Watermelon & 1% Milk PM SNACK Cheerios Pears	
7 Bacon Breakfast Pizza Strawberry Applesauce & 1% Milk	8 French Toast Sticks Craisins & 1% Milk	9 Cheese Omelet/Toast Peach Applesauce & 1% Milk	10 Egg & Bagel Sandwich Apple Slices & 1% Milk	NO HEAD START TODAY!
Pepperoni Pizza Wedge* Steamed Broccoli Mandarin Oranges & 1% Milk PM SNACK Goldfish Crackers String Cheese	Chicken Tenders Steamed Corn Fruit Cocktail & 1% Milk PM SNACK Cinnamon Goldfish Graham Red Pepper Strips	Hot Dog* on Bun Baked Beans  1% Milk & Crunchy Apple #IowaAppleCrunch PM SNACK Rice Chex Grapes	Breaded Chicken Patty Steamed Edamame Thickened Strawberries & 1% Milk PM SNACK Goldfish Crackers Peaches	
14 Bacon Breakfast Pizza Craisins & 1% Milk	15 French Toast Sticks Apple Slices & 1% Milk	16 Cheese Omelet/Toast Applesauce Cup & 1% Milk	17 Egg & Bagel Sandwich Apple Slices & 1% Milk	18 WG Blueberry Waffles Strawberry Applesauce & 1% Milk
Turkey & Gravy/Biscuit Mashed Potatoes  Pineapple & 1% Milk PM SNACK Kix Cereal Applesauce Cup	Popcorn Chicken Steamed Broccoli  Mandarin Oranges & 1% Milk PM SNACK Goldfish Crackers  Cauliflower Florets	Stuffed Crust Cheese Pizza Corn Fruit Cocktail & 1% Milk PM SNACK Cheerios  String Cheese	Corn Dog Baked Beans Watermelon & 1% Milk PM SNACK Pears  Zucchini	Queso Blanco/Tortilla Chips Refried Beans/Salsa Peaches & 1% Milk PM SNACK Strawberry Applesauce Rice Chex
21 Bacon Breakfast Pizza Apple Slices & 1% Milk	22 French Toast Sticks Apple Slices & 1% Milk	23 Cheese Omelet/Toast Apple Slices & 1% Milk	24 Egg & Bagel Sandwich Cinnamon Applesauce & 1% Milk	NO HEAD START TODAY!
Pizza Crunchers Steamed Peas Blueberries & 1% Milk PM SNACK Chilled Blueberries Goldfish Crackers	Cheeseburger Steamed Corn Fresh Grapes & 1% Milk PM SNACK Fresh Grapes Kix Cereal	Walking Taco/Salsa Romaine Lettuce/Dressing Fruit Cocktail & 1% Milk PM SNACK Apple Slices Cheerios	Sweet & Sour Chicken/Ramen Steamed Broccoli Pears & 1% Milk PM SNACK Baby Carrots String Cheese	
28 Bacon Breakfast Pizza Craisins & 1% Milk	29 French Toast Sticks Apple Slices & 1% Milk	30 Cheese Omelet/Toast Peach Applesauce & 1% Milk	31 Egg & Bagel Sandwich Apple Slices & 1% Milk	
Orange Chicken/Brown Rice Steamed Broccoli Mandarin Oranges & 1% Milk PM SNACK Red Pepper Strips Cinnamon Graham Cracker	Pepperoni French Bread* Sweet Potato Fries Pears & 1% Milk PM SNACK Watermelon Cheerios	Pancakes/Cheese Omelet Hash Brown Potato Chilled Blueberries PM SNACK String Cheese Celery Sticks	Mini Corn Dogs Baked Beans Peaches & 1% Milk PM SNACK Goldfish Crackers Cherry Tomatoes	
<p><i>Nutritional information, including common food allergens can be found at norwalkschools.nutrislice.com. Unexpected supply chain issues, may result in sudden menu changes. Nutri-Slice will have the most up to date information and we will do our best to update menu changes there before the start of the school day.</i></p>				
<p>* Entrée May Contain Pork USDA is an equal opportunity provider.</p>		<p>Whole Grain-Rich Products Are Served</p>	<p>A Variety of Condiments Are Offered Daily Menu is subject to change without notice.</p>	