
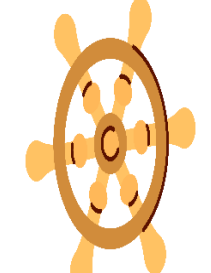
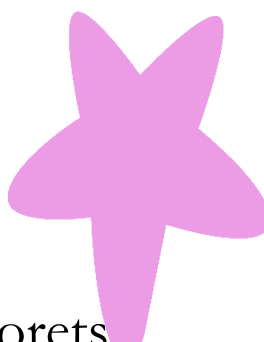

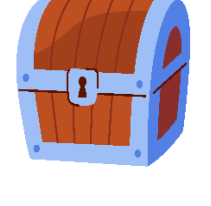





# Norwalk Community School District-Oviatt Elementary



## OCTOBER 2024 BREAKFAST AND LUNCH MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
|  <p><b>SCHOOL LUNCH PIRATES</b><br/><b>FIND YOUR TREASURE!</b><br/>OCTOBER 14-18, 2024</p>  | <b>1</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>2</b> Cheese Omelet/Toast <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>3</b> Egg & Bagel Sandwich <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>4</b> WG Cinni-Minis <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   |
|   | <b>Cheese Pizza</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Glazed Carrots<br>Romaine Lettuce/Red Pepper Strips<br>Peaches<br>Cinnamon Applesauce Cup  | <b>Hamburger</b> <i>or</i><br><b>Build a Cheese Pizza Kit</b><br>Baked Beans<br>Sliced Tomatoes/Baby Carrots<br>Banana<br>Thickened Strawberries   | <b>Macaroni &amp; Cheese/Roll</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Steamed Peas<br>Fresh Broccoli/Baby Carrots<br>Pears<br>Watermelon   | <b>French Toast Sticks/Cherry Yogurt</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Hash Brown Potato<br>Baby Carrots/Chilled Edamame<br>100% Orange Juice<br>Chilled Blueberries |
| <b>7</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>8</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>9</b> Cheese Omelet/Toast <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>10</b> Egg & Bagel Sandwich <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>11</b> WG Mini Pancakes <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  |
| <b>Pepperoni Pizza Wedge*</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Steamed Broccoli<br>Baby Carrots/Cauliflower<br>Craisins<br>Mandarin Oranges   | <b>Chicken Tenders</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Steamed Corn<br>Romaine Lettuce/Red Pepper Strips<br>Fruit Cocktail<br>Applesauce  | <b>Hot Dog* on Bun</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Baked Beans<br>Zucchini/Baby Carrots <br>Honey Crisp Apple  #IowaAppleCrunch<br>Grapes | <b>Breaded Chicken Patty</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Steamed Edamame<br>Romaine Salad/Tomato Slices<br>Thickened Strawberries<br>Peaches   | <b>Pancakes/Sausage Patties*</b> <i>or</i><br><b>Build a Cheese Pizza Kit</b><br>Hash Brown Potato<br>Baby Carrots/Grape Tomatoes<br>Fresh Orange Wedges<br>100% Apple Juice                |
| <b>14</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>15</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>16</b> Cheese Omelet/Toast <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>17</b> Egg & Bagel Sandwich <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>18</b> WG Blueberry Waffles <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  |
| <b>Turkey &amp; Gravy/Biscuit</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Mashed Potatoes <br>Baby Carrots/Broccoli Florets<br>Fresh Apple Slices<br>Pineapple & Mini Rice Krispy Treat | <b>Popcorn Chicken/Roll</b> <i>or</i><br><b>Turkey &amp; Cheese Roll-Up</b> <br>Steamed Broccoli<br>Baby Carrots/Cauliflower Florets<br>Mandarin Oranges <br>Craisins | <b>Stuffed Crust Cheese Pizza</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Corn<br>Chilled Edamame/Baby Carrots<br>Fruit Cocktail <br>Thickened Strawberries  | <b>Corn Dog</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Baked Beans<br>Romaine Salad/Zucchini Coins<br>Pears <br>Watermelon | <b>Queso Blanco/Tortilla Chips</b> <i>or</i><br><b>Diced Turkey/Dinner Roll</b><br>Refried Beans/Salsa<br>Shredded Romaine/Diced Tomatoes<br>Strawberry Applesauce<br>Peaches               |
| <b>21</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>22</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>23</b> Cheese Omelet/Toast <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>24</b> Egg & Bagel Sandwich <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>25</b> WG Blueberry Waffles <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  |
| <b>Pizza Crunchers</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Steamed Peas<br>Baby Carrots/Cucumber Slices<br>Chilled Blueberries<br>Applesauce   | <b>Cheeseburger</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Steamed Corn<br>Romaine Lettuce/Sliced Tomatoes<br>Fresh Grapes<br>Apricots  | <b>Walking Taco/Salsa</b> <i>or</i><br><b>Diced Ham*/Dinner Roll</b><br>Refried Beans<br>Shredded Romaine/Diced Tomatoes<br>Apple Slices<br>Fruit Cocktail   | <b>Sweet &amp; Sour Chicken/Ramen</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Steamed Broccoli<br>Baby Carrots/Chilled Edamame<br>Pears<br>Peaches   | <b>Grilled Cheese Sandwich</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Oven Baked French Fries<br>Baby Carrots/Cucumber Slices<br>Orange Wedges<br>Cinnamon Applesauce Cup       |
| <b>28</b> Bacon Breakfast Pizza <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>29</b> French Toast Sticks <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk   | <b>30</b> Cheese Omelet/Toast <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  | <b>31</b> Egg & Bagel Sandwich <i>or</i><br>Cereal & Graham Crackers<br>Fresh Fruit, 100% Juice & Milk  |    |
| <b>Orange Chicken/Brown Rice</b> <i>or</i><br><b>Build a Cheese Pizza Kit</b><br>Steamed Broccoli<br>Baby Carrots/Red Pepper Strips<br>Mandarin Oranges<br>Fruit Cocktail   | <b>Pepperoni French Bread*</b> <i>or</i><br><b>Deli Turkey Sandwich on a Bun</b><br>Sweet Potato Fries<br>Chilled Edamame/Romaine Lettuce<br>Watermelon<br>Pears  | <b>Pancakes/Cheese Omelet</b> <i>or</i><br><b>Deli Ham* Sandwich on a Bun</b><br>Hash Brown Potato<br>Baby Carrots/Celery Sticks<br>100% Apple Juice<br>Chilled Blueberries  | <b>Mini Corn Dogs</b> <i>or</i><br><b>Turkey &amp; Cheese Rollup</b><br>Baked Beans<br>Romaine Lettuce/Cherry Tomatoes<br>Peaches<br>Orange Cream Sidekick Slushy   |   |

**Nutritional information, including common food allergens can be found at [norwalkschools.nutrislice.com](http://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.**

\* Entrée May Contain Pork

Whole Grain-Rich 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

Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.