



# SEPTEMBER | 2018

## NORWALK CATHOLIC SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>Labor Day</b>	4 Chicken Nuggets Cheesy Potatoes Green Beans Peaches Milk	5 Macaroni & Cheese Steamed Peas Veggie Tray Strawberry Cup Breadstick Milk	6 Chicken Quesadillas Corn Refried Beans Spanish Rice Veggie Tray Applesauce Milk	7 Mini Corn Dogs Steamed Carrots Vegetable Side Veggie Tray Pineapple Cookie Milk
10 Rotini w/ Meat Sauce Italian Blend Vegetable Veggie Tray Peaches Garlic Toast Milk	11 Popcorn Chicken Bowl Mashed Potatoes/Gravy Steamed Corn Fruit Cocktail Roll Milk	12 Hot Dog/Chili Dog/Bun French Fries Baked Beans Veggie Tray Orange Slices Rice Krispie Treat Milk	13 Walking Taco Black Beans Sweet Potato Fries Veggie Tray Pears Sidekick Milk	14 Boneless Wings Steamed Broccoli Veggie Tray Vegetable Side Pineapple Soft Pretzel Milk
17 Cheese Pizza Steamed Broccoli Vegetable Side Veggie Tray Pears Milk	18 Chicken Strips Steamed Corn Vegetable Side Veggie Tray Fresh Grapes Juice Milk	19 Fiesta Sticks Steamed Green Beans Vegetable Side Veggie Tray Peaches Milk	20 Meat and Cheese Nachos Black Beans Sweet Potato Tots Veggie Tray Mandarin Oranges Graham Milk	21 BBQ Pork/Sloppy Jo/Bun Baked Beans Cole Slaw Veggie Tray Applesauce Milk
24 Pepperoni Pizza Rolls Steamed Green Beans Vegetable Side Veggie Tray Pears Milk	25 Salisbury Steak Mashed Potatoes/Gravy Steamed Corn Veggie Tray Peaches Garlic Toast Milk	26 Pancake Sausage Nuggets Deli Roasters Applesauce Cup Banana Juice Milk	27 Breaded Chicken /Bun Baked Beans Sweet Potato Waffle Fries Veggie Tray Pineapple Milk	28 <b>No School</b>

**News**  
**Cafeteria News**  
**Offerings**

**Grades 1-6**  
**2<sup>nd</sup> Meal options**  
**Peanut Butter/Jelly or Small Salad**  
**Cheese Stick**  
**Goldfish Crackers**  
**Daily Fruit & Veggie**  
**Milk**

**Grades 7-12**  
**2<sup>nd</sup> Meal options**  
**Chef Salad**  
**Fruit/veggies**  
**Milk**

**We offer**  
**Fresh Veggies**  
**Ranch/hummus**  
**Fresh Fruit**  
**100% Fruit Juice**

**This institution is an equal opportunity provider**