



OCTOBER | 2018

NORWALK CATHOLIC SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pepperoni Pizza Green Beans Veggie Tray Peaches Milk	2 Oriental Chicken Rice Vegetables Mandarin Oranges Fortune Cookie Milk	3 Hamburgers on a bun French Fries Baked Beans Veggie Tray Applesauce Milk	4 Bosco Sticks/Marinara Side Salad Veggie Tray Apple Slices Milk	5 Chicken Sticks Mixed Vegetables Veggie Tray Juice Pineapple Milk
8 French Toast Sticks Sausage Hashbrowns Pears Juice Milk	9 Chicken Nuggets Cheesy Potatoes Green Beans Peaches Milk	10 Macaroni & Cheese Peas Veggie Tray Strawberry Cup Breadstick Milk	11 Chicken Quesadilla Corn Refried Beans Spanish Rice Veggie Tray Applesauce Milk	12 Mini Corn Dogs Carrots Veggie Tray Pineapple Cookie Milk
15 Rotini with Meat Sauce Italian Blend Veggie Tray Peaches Garlic Toast Milk	16 Popcorn Chicken Bowl Mashed Potatoes/Gravy Corn Fruit Cocktail Roll Milk	17 Hot Dog/Chili Dog on a bun French Fries Baked Beans Veggie Tray Orange Slices Rice Krispie Treat Milk	18 Walking Taco Black Beans Sweet Potato Fries Veggie Tray Pears Sidekick Milk	19 Boneless Wings Broccoli/Cheese Veggie Tray Pineapple Soft Pretzel Milk
22 Cheese Pizza Corn Veggie Tray Pears Milk	23 Chicken Strips Broccoli/Cheese Veggie Tray Grapes Juice Milk	24 Fiesta Sticks Green Beans Veggie Tray Peaches Milk	25 Meat & Cheese Nachos Black Beans Sweet Potato Tots Veggie Tray Mandarin Oranges Graham Milk	26 BBQ Pork or Sloppy Jo On a bun Baked Beans Cole Slaw Veggie Tray Applesauce Milk
29 Pepperoni Pizza Rolls Green Beans Veggie Tray Pears Milk	30 Salisbury Steak Mashed Potatoes Corn Veggie Tray Peach Cup Garlic Toast Milk	31 Breaded Chicken Sandwich Baked Beans Sweet Potato Waffle Fries Veggie Tray Pineapple Halloween Sidekick Milk		

News
Cafeteria News
Offerings

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

Grades 7-12
2nd Meal options
Chef Salad or Turkey Wrap
Fruit/veggies
Milk

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

This institution is an equal opportunity provider