



OCTOBER | 2017

NORWALK CATHOLIC SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pepperoni pizza Green beans California blend Veggie tray Applesauce Milk	3 Oriental chicken Rice Vegetables Mandarin Oranges Fortune cookie Milk	4 Hamburger on a bun Spicy fries Baked beans Veggie tray Peaches Milk	5 Bosco Sticks/marinara Side salad Sunshine carrots Apple slices Milk	6 Chicken sticks Mixed vegetables Veggie tray Sidekick Milk
9 Cheese pizza Broccoli/Cheese Veggie tray Fruit cocktail Milk	10 Chicken nuggets Cheesy potatoes Green beans Peaches Milk	11 Macaroni & Cheese Peas Veggie tray Strawberry cup Breadstick Milk	12 Chicken quesadillas Corn Spanish rice Veggie tray Applesauce Milk	13 Mini corn dog Carrots Veggie tray Pineapple Pretzel Milk
16 Blueberry waffles Smiley fries Sausage links Applesauce cup Juice Milk	17 Popcorn chicken bowl Mashed potatoes/gravy Corn Fruit cocktail Roll Milk	18 Hot dog on a bun French fries Baked beans Veggie tray Orange slices Rice krispie Milk	19 Walking taco Black beans Sweet potato fries Veggie tray Pears Milk	20 Boneless wings Broccoli/cheese Veggie tray Pineapple Pretzel Milk
23 Pep pizza breadstick Italian blend veggies Veggie tray Fruit cocktail Milk	24 Chicken strips Corn & carrots Veggie tray Grapes Juice Milk	25 Fiesta sticks Green beans Veggie tray Peaches Milk	26 Breaded chicken/bun Potato wedges Side salad Veggie tray Pineapple Milk	27 BBQ pork on a bun Coleslaw Baked beans Veggie tray Applesauce Milk
30 Cheeseburger loaf Mashed potatoes Corn Peach cup Garlic toast Milk	31 Grilled chicken /bun Broccoli/cheese Sweet potato tots Applesauce 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
Fruit/veggies Milk

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