

Free Meals for All NPS Students!

Norwalk School District has qualified for CEP. All NPS students are entitled to one free breakfast and one free lunch daily!

We encourage all families to save time & money by participating in our meal program! All meals will be nutritionally balanced with many exciting and delicious choices. You can also add funds to your students account on my school bucks for additional snacks and a la carte items if desired.

Here are some menu celebrations we have planned for this Fall!

September	October	November
National Potato Month	National Apple Month	Global Eats Spotlight: ITALY
5 th Cheese Pizza Day	CT Grown for CT Kids Week	3 rd National Sandwich Day
18 th Cheeseburger Day	National School Lunch Week &	6 th National Nachos Day
26 th Pancake Day	Global Eats Kickoff MEXICO!	14 th Thankful Turkey Dinner

Food Allergies and Special Dietary Needs

We recognize the critical importance of our approach in supporting students and families who manage food allergy issues every day. Therefore, we work closely with school nurses and the families of students who have food allergies and medical conditions that require a modification to their menu. If your child requires a meal accommodation, please reach out to our Wellness Manager, Kelly Gruber, RDN Kelly.Gruber@Compass-USA.com and a modification plan can be put in place.

Menus and Nutrition Facts at Your Fingertips

Through Nutrislice, an innovative app, students, parents, and faculty have access to school menus, including nutrition information, allergens, and photos. Nutrislice can be downloaded for free from the App store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Please visit <https://norwalkps.nutrislice.com/menu> for our monthly menu link

What's Cooking?
Online Menus!

- » Log in for daily menu items
- » Plan for dietary and allergy restrictions
- » Available in 50+ languages

chartwells | **nutrislice**

Available on the App Store | Google Play

General Tso's Chicken
Tender chicken smothered in General Tso's sauce and topped with green onions and sesame seeds.

Serving Size: 6oz
Calories: 320

Total Fat: 12g
Cholesterol: 35mg
Sodium: 1320mg
Total Carbs: 17g
Dietary Fiber: 1g
Protein: 16g

Fall Spotlights

WE ARE LOCAL

NPS is dedicated to supporting our local farms and bringing the most fresh and delicious fruits and vegetables to students. Last year we purchased over 70,000 pounds of local produce, and this year we are increasing that number!

Here are some local items we will be showcasing in our menus in the upcoming months. The majority of these will be sourced from Cecarelli Farms in Northford, CT!



September Harvest	October Harvest	November Harvest
Yellow Squash	Carrots	Potatoes
Zucchini	Potatoes	Butternut Squash
Potatoes	Kale	Apples
Tomatoes	Apples	

DISTRICT WIDE EVENTS



We are excited to kick off our fun and interactive tasting events this year during CT Grown for CT Kids Week October 2nd-6th! We will be showcasing locally sourced carrots along with other delicious CT grown produce on our school breakfast and lunch menus.

The Global Eats Program which will begin during National School Lunch Week, October 10th-14th will be a district wide concept featuring specific cultural cuisine to each school level. This concept will introduce delicious new recipes that feature unique ingredients and traditions of various cultures incorporated into school meals to keep menus and lunchtime exciting. These authentic recipes are created in partnership with a series of celebrity chefs who specialize in global cuisine. The program invites students on a food exploration that celebrates cultural heritages, traveling first through: Mexico (October), Italy (November), India (December), and China (January).

Students can look forward to Global Eats pop-up tasting events in their cafeterias this October – January!