

Norwalk Public Schools Food Services Newsletter



October 2026



What's crunchy, delicious, and made right in our school kitchens? Our new house- made granola!

Across Norwalk Public Schools, our talented chefs are bringing scratch cooking to life, creating fresh recipes and nutritious favorites that help keep students happy, healthy, and ready to learn. Made with wholesome ingredients and plenty of flavor, our house-made granola showcases the creativity and passion of our culinary team. It's just one more way we're serving food that's fresh, nutritious, and made with pride right here in our school kitchens.



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Farm to School Month

We started Farm to School Month a little early by featuring local apple cider with lunch on September 24, and students loved it! As part of our commitment to connecting students with fresh, local foods, we're excited to spotlight a Healthy Harvest item each month. For October, we're celebrating CT-grown pears, giving students another delicious opportunity to enjoy seasonal produce grown close to home.



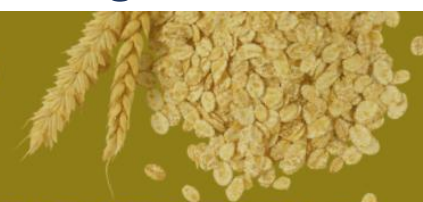


DISCOVERY KITCHEN FUN & Chef Cooking Video!

This month's Discovery Kitchen theme gives kids an up-close look to see where their food comes from and how it's grown. Seed to Table is all about fresh, seasonal, and local foods. We're proud to support local farms and celebrate seasonality! Our featured recipe is a delicious pear crisp!

Follow along at home with Chef Lance!

Pear Crisp



Ingredients:

- 1/3 Cup Flour
- 1/4 Cup Light Brown Sugar
- 1 tsp Cinnamon
- 1/4 tsp Salt
- 1/8 tsp Clove
- 1 Cup Oats, Quick
- 1/2 Cup Butter or Margarine
- 1 1/2 Tbsp Sugar
- 1 Tbsp Water
- 3 Cups Pears, Dice (canned in juice or light syrup is fine)

Instructions:

1. Combine flour, brown sugar, oats, salt, cloves, margarine/butter. Mix until crumbly and set aside.
2. Put pears in a 9X9 baking pan and sprinkle with water and sugar.
3. Put topping mixture evenly over pears.
4. Bake until topping is brown and crisp
 - a. 350 convection 25-35 minutes
 - b. 425 non-convection 35-45 minutes

chartwells
Discovery KITCHEN
AT HOME



Fun Days This Month:



OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
NATIONAL FARM to SCHOOL MONTH	It's National Apple Month	1	2	
5	6	7	8	9
	CT GROWN FOR CT KIDS WEEK		Healthy Harvest: Pears!	
12	13	14	15	16
CAFETERIA CIRCUS			power + up NUTRITION GAME ON!	
19	20	21	22	23
Brunch for Lunch all Schools	Cookie Day ELEM		Healthy Harvest: Pears!	
26	27	28	29	30
				Lucky Tray Day