

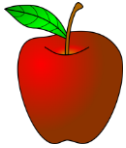


# Norwalk Community School District-Elementary

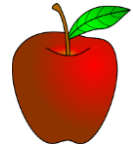


AUGUST 2017 GLUTEN FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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# WELCOME BACK TO SCHOOL



### Prices for the 2017-18 School Year

Elementary Breakfast	\$1.75
Elementary Lunch	\$2.60
Individual Milk	\$0.50



23

GF Chicken Tenders  
Sweet Potato Fries  
Baby Carrots  
Cucumber Slices  
Mandarin Oranges  
Fruit Cocktail

24

Hamburger on GF Bun  
Baked Beans  
Romaine Salad  
Tomato Slices  
Dried Cherries  
Peaches

25

GF Pancakes/Trix Yogurt  
Hash Brown  
Baby Carrots  
Celery Sticks  
100% Orange Juice  
Blueberries

28

GF Pepperoni Pizza  
Steamed Broccoli  
Baby Carrots  
Cucumber Slices  
Pineapple  
Thickened Strawberries

29

GF Chicken Tenders  
Corn  
Shredded Romaine Lettuce  
Red Pepper Strips  
Fresh Apple Slices  
Fruit Cocktail

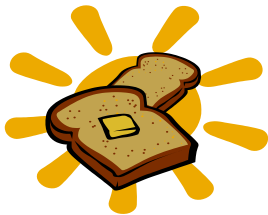
30

Hot Dog on GF Bun\*  
Baked Beans  
Baby Carrots  
Zucchini Slices  
Watermelon  
Applesauce



31

Sun Butter on GF Bread  
Steamed Edamame  
Romaine Salad  
Tomato Slices  
Mandarin Oranges  
Diced Pears



**Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.**

***Need help paying for school meals? See if you qualify for meal assistance. Apply online at [www.schoolmealapp.com](http://www.schoolmealapp.com). If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at [norwalk.revtrak.net](http://norwalk.revtrak.net). If you have not yet registered for account balance information, you may do so at [www.schoolcafe.com](http://www.schoolcafe.com).***

\* Entrée May Contain Pork  
USDA is an equal opportunity provider.

A Variety of Condiments Are Offered Daily  
Menu is subject to change without notice.

Gluten Free Cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily-1% White or Skim White, Chocolate or Strawberry

Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.