

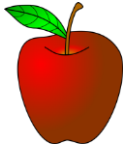


# Norwalk Community School District-Gluten-Free

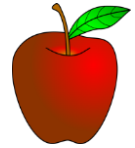


AUGUST 2017 EASTVIEW

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

- Beef & Cheese Nachos
- Refried Beans
- Oven Baked Tots
- Mandarin Oranges
- Fruit Cocktail

24

- GF Pancakes/Egg Omelet
- Hash Brown
- Glazed Carrots
- Blueberries
- 100% Juice

25

- Hamburger on GF Bun
- Sweet Potato Fries
- Corn
- Dried Fruit
- Peaches


28

- GF Chicken Tenders/GF Roll
- Mashed Potatoes
- Green Beans
- Pineapple
- Thickened Strawberries

29

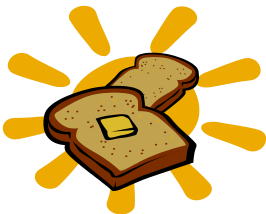
- Cheese Burger on GF Bun
- Steamed Peas
- California Blend Vegetables
- Apple Sauce
- Fruit Cocktail

30

- GF Cheese Pizza
- Baby Carrots
- Steamed Cauliflower
- Watermelon 
- Tropical Fruit

31

- Beef Taco Meat/Tortilla Chips
- Refried Beans
- Steamed Broccoli
- 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.