



Norwalk Community School District-Oviatt



MARCH 2017 GLUTEN FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 GF Pancakes/Egg Omelet Tri-Tater Baby Carrots Grape Tomatoes 100% Orange Juice Chilled Blueberries	2 Beef & Cheese Nachos/Salsa Glazed Carrots Romaine Salad Diced Tomatoes Mixed Dried Fruit Thickened Strawberries	3 GF Cheese Pizza Slice Corn on the Cob Baby Carrots Celery Sticks Apples Strawberries
6 Sloppy Joe on a GF Bun Oven Baked Fries Baby Carrots Chilled Peas Mandarin Oranges Fruit Cocktail	7 Grilled Chicken on GF Bun Sweet Potato Fries Romaine Salad Cucumber Slices Peaches Pears	8 GF Chicken Tenders Corn Baby Carrots Red Pepper Strips Apple Wedges Mandarin Oranges	9 Hamburger on GF Bun Steamed Green Beans Romaine Salad Edamame Applesauce Apricots	10 Homemade Garlic Cheese Bread Baked Beans Baby Carrots Broccoli Florettes Baked Apples Blueberries
13	14	15	16	17
 <p>NO SCHOOL MARCH 13-17</p> 				
20 GF Pepperoni Pizza Steamed Corn Baby Carrots Pepper Strips Diced Pears Watermelon	21 Chicken Fajita Meat/Tortilla Chips Cuban Black Beans Romaine Salad Cucumber Slices Fruit Cocktail Thickened Strawberries	22 GF Chicken Tenders/GF Roll Baked Beans Baby Carrots Green Pepper Strips Peaches Apricots	23 Grilled Cheese on GF Bread Baby Carrots Romaine Salad Broccoli Florettes Pineapple Mandarin Oranges	24 GF Bagel/Trix Yogurt Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries
27 Hot Dog on GF Bun Corn Baby Carrots Chilled Edamame Pears Apple Wedges	28 Cheese Burger on GF Bun Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce	29 Deli Turkey on GF Bread Green Beans Baby Carrots Celery Sticks Thickened Strawberries Pineapple Tidbits	30 Walking Taco Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears	31 Grilled Cheese on GF Bread Marinara Sauce Baby Carrots Chilled Peas Peaches Dried Fruit

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

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

A Variety of Milk is Offered Daily-1% White or Skim White, Chocolate or Strawberry

All meals include side choices & carton of milk.