







Norwalk Community School District-Elementary



MAY 2017 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GF Pepperoni Pizza Oven Baked French Fries Baby Carrots Spinach Salad Diced Pears Applesauce	2 Grilled Cheese on GF Bread Cuban Black Beans Romaine Salad Cucumber Slices Fruit Cocktail Grapes	3 GF Pancakes/Trix Yogurt Hash Brown Baby Carrots Green Pepper Strips 100% Fruit Juice Dried Fruit	4 NO SCHOOL (K-5 ONLY) 	5 NO SCHOOL 
8 Chicken Fajita Meat/Tortilla Chips Oven Baked Smiles Baby Carrots Chilled Edamame Peaches Pears	9 GF Chicken Tenders Steamed Broccoli Romaine Salad Cherry Tomatoes Watermelon Dried Fruit	10 Hamburger on GF Bun Mixed Vegetables Baby Carrots Celery Sticks Mandarin Oranges Pineapple Tidbits	11 Walking Taco/Salsa Refried Beans Shredded Romaine Lettuce Diced Tomatoes Apple Wedges Apricots	12 GF Garlic Cheese Bread Marinara Sauce Baby Carrots Chilled Peas Applesauce Fruit Cocktail
15 GF Chicken Tenders/GF Roll Sweet Potato Fries Baby Carrots Chilled Edamame Pineapple Mandarin Oranges	16 GF Cheese Pizza Glazed Carrots Romaine Salad Cucumber Slices Orange Wedges Pears	17 Grilled Chicken on GF Bun Mashed Potatoes Baby Carrots Broccoli Florettes Thickened Strawberries Peaches	18 Hamburger on GF Bun Baked Beans Romaine Salad Sliced Tomatoes Blue Raspberry-Lemon Side Kick Dried Fruit	19 GF Pancakes/Trix Yogurt Hash Brown Baby Carrots Celery Sticks Apricots 100% Fruit Juice
22 GF Pepperoni Pizza Steamed Broccoli Baby Carrots Red Pepper Strips Peaches Pears	23 Grilled Cheese Sandwich on GF Bread Steamed Corn Romaine Salad Zucchini Slices Grapes Pineapple	24 Grilled Chicken on GF Bun Baked Beans Baby Carrots Tomato Slices Applesauce Peaches	25 Beef & Cheese Nachos Refried Beans Shredded Romaine Lettuce Diced Tomatoes Baked Apples Mandarin Oranges	26 GF Bagel Breakfast Sandwich Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries
29 MEMORIAL DAY-NO SCHOOL 	30 Hot Dog on GF Bun Baked Beans Romaine Salad Cucumber Slices Mandarin Oranges Pears	31 Sack Lunch Deli Turkey Sandwich on GF Bun Celery Sticks Baby Carrots Strawberry Applesauce Cup Raisins		

* 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.