






Norwalk Community School District-Eastview

NOVEMBER 2017 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 GF Chicken Tenders Ranch Beans Oven Baked Fries Orange Wedges Baked Apples	2 GF Bagel with Egg & Cheese Hashbrown Steamed Cauliflower Blueberries 100% Juice	3 NO SCHOOL K-12 
6 Hamburger on GF Bun Steamed Broccoli Corn on the Cob Apple Slices Apricots	7 Frito Chili Pie/GF Dinner Roll Tater Gems Oregon Blend Vegetables Banana Applesauce	8 GF Pancakes/Egg Omelet Hash Brown Edamame 100% Juice Blueberries	9 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Glazed Carrots Mandarin Oranges Pears	10 Chicken Fajita Meat/Tortilla Chips Green Beans Steamed Cauliflower Peaches Dried Cherries
13 Homemade Garlic Cheese Bread Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail	14 Cheese Burger on GF Bun Sugar Snap Peas Broccoli Apple Wedges Pineapple	15 Beef & Cheese Nachos Refried Beans Tater Tots Pears Grapes	16 GF Pancakes/Sausage Glazed Carrots Hashbrown Mixed Berries 100% Juice	17 Chicken Tenders/GF Dinner Roll Cross Trax Sweet Potato Fries Seasoned Corn Dried Cherries Peaches
20 Grilled Cheese on GF Bread Black Beans and Corn Cheesy Hashbrown Pineapple Thickened Strawberries	21 Cheese Burger on GF Bun Steamed Peas California Blend Vegetables Fresh Apple Slices Fruit Cocktail	  		
27 GF Pepperoni Pizza Steamed Broccoli Corn on the Cob Strawberry Applesauce Fruit Cocktail	28 Homemade GF Garlic Cheese Bread Glazed Carrots Steamed Peas Banana Pears	29 Pulled BBQ Pork on GF Bun Hash Brown Edamame 100% Juice Chilled Blueberries	30 Grilled Cheese GF Sandwich Green Buns Sweet Potato Fries Pineapple Strawberries	Meal Prices for 2017-18 Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.75

* Entrée May Contain Pork Only Whole Grain Products Are Served A Variety of Condiments Are Offered Daily
 USDA is an equal opportunity provider. Menu is subject to change without notice.

GF 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.