






# Norwalk Community School District-Elementary

## NOVEMBER 2017 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>GF Chicken Tenders</b> Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples	<b>2</b> <b>NO SCHOOL K-5 ONLY</b> 	<b>3</b> <b>NO SCHOOL K-12</b>
<b>6</b> <b>Hamburger on GF Bun</b> Oven Baked Potato Smiles Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail	<b>7</b> <b>GF Deli Ham Sandwich</b> Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce	<b>8</b> <b>Grilled Cheese GF Sandwich</b> Green Beans Baby Carrots Celery Sticks Peaches Pineapple Tidbits	<b>9</b> <b>Walking Taco/Salsa</b> Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears	<b>10</b> <b>GF Pancakes/Egg Omelet</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Dried Fruit
<b>13</b> <b>Homemade Garlic Cheese Bread</b> Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>14</b> <b>Chicken Fajita Meat/Tortilla Chips</b> Refried Beans Shredded Romaine Lettuce Diced Tomatoes Apple Wedges Pineapple	<b>15</b> <b>Hot Ham &amp; Cheese Sandwich</b> Mashed Potatoes Baby Carrots Broccoli Pears Grapes	<b>16</b> <b>Hamburger on GF Bun</b> Baked Beans Romaine Salad Tomato Slices Dried Cherries Peaches	<b>17</b> <b>GF Pancakes/Trix Yogurt</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries
<b>20</b> <b>GF Pepperoni Pizza</b> Steamed Broccoli Baby Carrots Cucumber Slices Pineapple Thickened Strawberries	<b>21</b> <b>GF Chicken Tenders/GF Dinner Roll</b> Corn Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>22</b> 	<b>23</b> 	<b>24</b> 
<b>27</b> <b>Cheese Burger on GF Bun</b> Steamed Broccoli Baby Carrots Cauliflower Applesauce Fruit Cocktail	<b>28</b> <b>Turkey &amp; Gravy/GF Dinner Roll</b> Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	<b>29</b> <b>GF Cheese Pizza</b> Green Beans Baby Carrots Garbanzo Beans Mandarin Oranges Baked Apples	<b>30</b> <b>Grilled Cheese GF Sandwich</b> Steamed Corn Romaine Salad Zucchini Pineapple Strawberries	<b>Meal Prices for 2017-18</b> Elementary Lunch \$2.60 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.