





Norwalk Community School District-Eastview



OCTOBER 2017 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 GF Chicken Tenders Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail	3 GF Pizza Burger on GF Bun Sugar Snap Peas Steamed Broccoli Apple Wedges Pineapple	4 Beef & Cheese Nachos Refried Beans Oven Baked Tots Pears Grapes	5 BBQ Beef on GF Bun Hash Brown Glazed Carrots Blueberries Juice 	6 Hamburger on GF Bun Cross Trax Sweet Potato Fries Baby Carrots Peaches Dried Fruit
9 NO SCHOOL!	10 Cheese Burger on GF Bun Steamed Peas California Blend Veggies Fresh Apple Slices Fruit Cocktail	11 Pepperoni Pizza Steamed Cauliflower Baby Carrots Banana Applesauce	12 Meat with Tortilla Chips Refried Beans Steamed Broccoli Mandarin Oranges Diced Pears	13 Grilled Cheese on GF Bread Sweet Potato Fries Green Beans Baked Apples Chilled Blueberries
16 Hot Ham & Cheese on GF Bread Corn on the Cob Steamed Broccoli Strawberry Applesauce Fruit Cocktail	17 Chicken Tenders/GF Roll Glazed Carrots Steamed Peas Pears Banana	18 GF Pancakes/Omelet Hash Brown Edamame 100% Juice Chilled Blueberries	19 Cheese Pizza Green Beans Sweet Potato Fries Pineapple Strawberries	20 Queso & Chips Baked Beans Italian Blend Vegetables Peaches Apple Wedges
23 Chicken Tenders/GF Roll Potato Smiles Mixed Vegetables Sliced Pears Thickened Strawberries	24 Chicken Cheese Nachos Cross Trax Sweet Potato Fries Fiesta Black Beans Apple Wedges Grapes	25 Chicken Fajita/Tortilla Chips Green Beans Baby Carrots Peaches Applesauce	26 Homemade GF Garlic Cheese Bread Italian Blend Vegetables Steamed Broccoli Strawberry Kiwi Side Kick Fruit Cocktail	27 Bacon Cheese Burger on GF Bun California Blend Vegetables Mashed Potatoes Mandarin Oranges Mixed Berries
30 Sloppy Joe on a Bun Steamed Corn Edamame Diced Pears Peaches	31 Diced Ham*/GF Dinner Roll Fiesta Black Beans Romaine Salad Pineapple Thickened Strawberries			Meal Prices for 2017-18 Secondary 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.