




# Norwalk Community School District-Elementary



## OCTOBER 2017 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>GF Chicken Tenders</b> Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>3</b> <b>Deli Sandwich on GF Bread</b> Refried Beans Shredded Romaine Lettuce Diced Tomatoes Apple Wedges Pineapple	<b>4</b> <b>Grilled Cheese</b> Mashed Potatoes Baby Carrots Broccoli Pears Grapes	<b>5</b> <b>Cheese Burger on GF Bun</b> Baked Beans Romaine Salad Tomato Slices Dried Cherries Peaches 	<b>6</b> <b>GF Pancakes/Trix Yogurt</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries



### CELEBRATE NATIONAL SCHOOL LUNCH WEEK OCTOBER 9-13



<b>9</b> <b>NO SCHOOL!</b>	<b>10</b> <b>GF Chicken Tenders</b> Corn Shredded Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>11</b> <b>Hot Dog on a GF Bun*</b> Baked Beans Baby Carrots Zucchini Slices Banana Applesauce	<b>12</b> <b>Sun Butter on GF Bread</b> Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	<b>13</b> <b>GF Pancakes/Sausage Patties*</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Orange Juice Chilled Blueberries
-------------------------------	---	--	--	---

<b>16</b> <b>Hot Ham &amp; Cheese on GF Bread</b> Steamed Broccoli Baby Carrots Cauliflower Applesauce Fruit Cocktail	<b>17</b> <b>Turkey &amp; Gravy/GF Dinner Roll</b> Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	<b>18</b> <b>GF Cheese Pizza</b> Green Beans Baby Carrots Garbanzo Beans Mandarin Oranges Baked Apples	<b>19</b> <b>Deli Ham Sandwich</b> Steamed Corn Romaine Salad Zucchini Pineapple Strawberries	<b>20</b> <b>Beef &amp; Cheese Nachos</b> Refried Beans Baby Carrots Salsa/Diced Tomatoes Apple Wedges Peaches
---	---	--	---	--

<b>23</b> <b>Sloppy Joe on a GF Bun</b> Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	<b>24</b> <b>Taco Meat/Tortilla Chips</b> Ranch Beans Shredded Romaine Lettuce/Cheese Diced Tomatoes Apple Wedges Grapes	<b>25</b> <b>GF Pepperoni Pizza*</b> Steamed Broccoli Baby Carrots Red Pepper Strips Peaches Applesauce	<b>26</b> <b>Pulled BBQ Pork on GF Bun*</b> Corn Romaine Salad Broccoli Florettes Strawberry Kiwi Side Kick Fruit Cocktail	<b>27</b> <b>Homemade Garlic Cheese Bread</b> Marinara Sauce Baby Carrots Celery Sticks Mandarin Oranges Dried Fruit
---	--	---	--	--

<b>30</b> <b>GF Cheese Pizza</b> Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches	<b>31</b> <b>Diced Ham*/GF Dinner Roll</b> Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened 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.