



Norwalk Community School District-Gluten-Free/ Elementary



SEPTEMBER 2021 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Students will receive a free breakfast and a free lunch meal each school day. They must select a complete meal, which must include a 1/2 cup of a fruit or vegetable. Single cartons of milk can be purchased for \$.50.	1 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Grapes	2 Diced Ham*/GF Dinner Roll Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	3 Deli Turkey Sandwich on GF Bread Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
6 NO SCHOOL TODAY! 	7 GF Chicken Tenders/GF Roll Steamed Broccoli Chilled Edamame/Baby Carrots Apricots Cinnamon Applesauce	8 GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	9 GF Grilled Cheese Sandwich Oven Baked Tater Tots Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches	10 Walking Taco/Salsa Hawkeye Black Beans Shredded Lettuce/Diced Tomatoes Strawberry-Mango Cyclone Side Kick Pears
13 GF Cheese Pizza Mixed Vegetables Baby Carrots/Vegetable Choice Blueberries Pineapple	14 GF Cheese Burger Green Beans Chilled Peas/Baby Carrots Craisins Grapes	15 GF Chicken Strips Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	16 GF Pancakes/Sausage Patties* Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Apple Slices	17 Homemade GF Garlic Cheese Bread Baked Beans Chilled Edamame/Baby Carrots Pineapple Pears
20 GF Chicken Tenders Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	21 GF Cheese Burger Corn Red Pepper Strips/Baby Carrots Apricots Apple Slices	22 Hot Dog on a GF Bun* Baked Beans Cucumber Slices/Baby Carrots Fruit Cocktail Thickened Strawberries	23 Grilled Chicken Patty on a GF Bun Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Pineapple	24 Deli Turkey Sandwich on GF Bread Green Beans Chilled Peas/Veggie Choice Pineapple Peaches
27 GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	28 GF Pancakes/Cheese Omelet Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice	29 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Grapes	30 Homemade GF Grilled Cheese Sandwich Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	

The USDA has extended the opportunity for every K-12 student in Norwalk to have a free breakfast meal and a free lunch meal each school day, regardless of household income. The Nutrition Department is grateful that each student has this opportunity. Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. We would love to see you there!

Nutritional information, including common food allergens can be found at norwalkschools.nutrislice.com. If your student brings a lunch from home, they may purchase a carton of milk in the cafeteria. To fund those purchases, you can make online payments at norwalk.revtrak.net. If you would like to complete a meal assistance application, so that your family may qualify for free or reduced price school fees or other programs like the P-EBT, you may do that at www.schoolcafe.com or you can call the Nutrition Department directly at 515-981-9876 for more information. You have until September 30, 2021 to complete the fee waiver.

* Entrée May Contain Pork Only Whole Grain-Rich 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

All meals include a choice of fruit & vegetable sides, as well as a carton of milk.