



Norwalk Community School District-Gluten-Free/ Grades 6-12



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 Hamburger on GF Bun Glazed Carrots Steamed Edamame Banana Applesauce	2 Queso Blanco & Tortilla Chips Fiesta Black Beans Steamed Corn Peaches Grapes	3 GF Pancakes/Cheese Omelet Hash Browns Cauliflower w/Cheese Sauce Chilled Blueberries 100% Fruit Juice
6 NO SCHOOL TODAY! 	7 GF Chicken Tenders/GF Roll Baby Carrots Green Beans Apricots Apple Slices	8 GF Grilled Cheese Sandwich Baked Beans Mixed Vegetables Thickened Strawberries Craisins	9 GF Pancakes/Sausage Patties* Hash Brown Potatoes Italian Blend Vegetables Chilled Blueberries 100% Orange Juice	10 GF Pepperoni Pizza* Steamed Broccoli Cauliflower Pineapple Fruit Cocktail
13 GF Cheese Pizza Steamed Corn Glazed Carrots Strawberry Applesauce Apricots	14 Homemade GF Garlic Cheese Bread Steamed Edamame Broccoli Pears Pineapple	15 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Peas Peaches Fresh Fruit	16 Walking Taco Refried Beans Steamed Corn Fruity Side Kick Slush Fruit Cocktail	17 GF Pancakes/Cheese Omelet Tater Gems Mixed Vegetables Fruit Juice Fresh Fruit
20 Chicken Fajita Meat/Tortilla Chips Steamed Corn Garden Peas Craisins Mandarin Oranges	21 GF Grilled Chicken on GF Bun Glazed Carrots Sweet Potato Fries Applesauce Fruit Cocktail	22 GF Cheese Burger Baked Beans Steamed Broccoli Pears Pineapple	23 Deli Turkey & Cheese on GF Bread Mashed Potatoes Green Beans Grapes Apricots	24 Homemade Garlic Cheese Bread Mixed Vegetables Edamame Fruit Choice Chilled Blueberries
27 GF Cheese Pizza Carrots Steamed Broccoli Baked Apples Pineapple	28 Hot Dog* on GF Bun Baked Beans Green Beans Mandarin Oranges Pears	29 GF Hamburger Glazed Carrots Edamame Applesauce Banana	30 Queso Blanco & Tortilla Chips Fiesta Black Beans Steamed Corn Grapes 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.