




Norwalk Community School District-Gluten-Free Elementary

OCTOBER 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			1 Hot Ham & Cheese Sandwich Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
4 Hamburger on GF Bun Steamed Corn Baby Carrots/Vegetable Choice Pineapple Mandarin Oranges	5 GF Chicken Tenders/GF Dinner Roll Steamed Broccoli Chilled Edamame/Baby Carrots Apricots Cinnamon Applesauce	6 GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	7 GF Grilled Cheese Sandwich Oven Baked Tater Tots Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches	8 Walking Taco/Salsa Taco Fiesta Beans Shredded Lettuce/Diced Tomatoes Strawberry Kiwi Side Kick Pears
11 <i>National School Lunch Week Oct. 11-15</i> 	12 GF Chicken Tenders Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	13 Chicken Fajita Meat/Tortilla Chips Green Beans Chilled Peas/Baby Carrots Craisins Grapes	14 GF Pancakes/Sausage Patties Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Apple Slices	15 Homemade GF Garlic Cheese Bread Baked Beans Chilled Edamame/Baby Carrots Pineapple Pears
18 Grilled Chicken on GF Bun Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	19 Cheese Burger on GF Bun Corn Red Pepper Strips/Baby Carrots Fruity Side Kick Fruit Cocktail	20 Hot Dog on a GF Bun* Baked Beans Cucumber Slices/Baby Carrots Apple Slices Thickened Strawberries	21 Hot Ham & Cheese on GF Bread Sweet Potato Fries Baby Carrots/Broccoli Pears Apricots	22 Homemade GF Garlic Cheese Bread Green Beans Assorted Veggies/Chilled Peas Pineapple Peaches
25 GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	26 GF Pancakes/Cheese Omelet Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice	27 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Grapes	28 Homemade Grilled Cheese Sandwich Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Peaches	29 Deli Turkey Sandwich on GF Bread Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
<p>* Entrée May Contain Pork Only Whole Grain-Rich Products Are Served A Variety of Condiments Are Offered Daily</p> <p>USDA is an equal opportunity provider. Menu is subject to change without notice.</p> <p>Gluten-Free cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily-1% White or Skim White, Chocolate or Strawberry</p> <p>Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.</p>				