








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

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 GF Pancakes/Cheese Omelet Hash Browns Cauliflower with Cheese Sauce 100% Apple Juice Chilled Blueberries
4 Hamburger on GF Bun Steamed Corn French Fries Applesauce Cup Fresh Orange Wedges	5 GF Chicken Tenders/GF Roll Sweet Potato Fries Green Beans Apricots Apple Slices	6 Homemade GF Grilled Cheese Baked Beans Mixed Vegetables Craisins Thickened Strawberries	7 Homemade Garlic Cheese Bread Hash Brown Potato Italian Blend Vegetables Chilled Blueberries 100% Juice Cup	8 GF Pepperoni Pizza* Steamed Broccoli Steamed Cauliflower Pineapple Fruit Cocktail
11 <i>National School Lunch Week Oct. 11-15</i> 	12 Cheese Burger on GF Bun Steamed Edamame Broccoli Pears Pineapple 	13 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Peas Peaches Applesauce 	14 Walking Taco/Tortilla Chips Refried Beans Steamed Corn Fruity Side Kick Fruit Cocktail 	15 GF Pancakes/Cheese Omelet Tater Gems Mixed Vegetables Juice Cup Blueberries 
18 GF Chicken Tenders/Roll Steamed Corn Garden Peas Craisins Mandarin Oranges	19 GF Grilled Chicken Sandwich Glazed Carrots Sweet Potato Fries Applesauce Fruit Cocktail	20 GF Cheese Burger Baked Beans Steamed Broccoli Pears Pineapple	21 GF Cheese Pizza Green Beans Mashed Potatoes Grapes Apricots	22 Homemade Garlic Cheese Bread Mixed Vegetables Edamame Orange Wedges Peaches
25 GF Cheese Pizza Carrots Steamed Broccoli Pineapple Baked Apples	26 Hot Dog on GF Bun* Baked Beans Green Beans Mandarin Oranges Pears	27 GF Cheese Burger Glazed Carrots Steamed Edamame Applesauce Banana	28 GF Chicken Tenders/GF Roll Steamed Corn Taco Fiesta Beans Grapes Peaches	29 GF Pancakes/Cheese Omelet Hash Browns Cauliflower with Cheese Sauce Blueberries 100% Apple Juice
<p>* 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.</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>				