


Norwalk Community School District-Secondary Campus Cafeteria Gluten-Free Menu

JANUARY 2022 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Homemade Garlic Cheese Bread</p> <p>Mixed Vegetables</p> <p>Edamame</p> <p>Craisins</p> <p>Applesauce Cup</p>	<p>4</p> <p>GF Chicken Tenders/GF Dinner Roll</p> <p>Corn</p> <p>Peas</p> <p>Mixed Berry Cup</p> <p>Mandarin Oranges</p>	<p>5</p> <p>Cheese Burger on GF Bun</p> <p>Baked Beans</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Peaches</p>	<p>6</p> <p>GF Pepperoni Pizza*</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Apricots</p> <p>Apple Slices</p>	<p>7</p> <p>GF Grilled Chicken Sandwich</p> <p>Glazed Carrots</p> <p>Sweet Potato Fries</p> <p>Pineapple</p> <p>Fruit Cocktail</p>
<p>10</p> <p>GF Cheese Pizza</p> <p>Glazed Carrots</p> <p>Steamed Broccoli</p> <p>Baked Apples</p> <p>Pineapple</p>	<p>11</p> <p>Pulled BBQ Pork* on GF Bun</p> <p>Baked Beans</p> <p>Green Beans</p> <p>Pears</p> <p>Mandarin Oranges</p>	<p>12</p> <p>Queso Blanco/Tortilla Chips</p> <p>Refried Beans</p> <p>Corn</p> <p>Peaches</p> <p>Banana</p>	<p>13</p> <p>GF Grilled Cheese Sandwich</p> <p>Tater Gems</p> <p>Italian Blend Vegetables</p> <p>Strawberry Fruit Cup</p> <p>Craisins</p>	<p>14</p> <p>GF Pancakes/Egg Omelet</p> <p>Hash Brown</p> <p>Mixed Vegetables</p> <p>Juice Cup</p> <p>Mandarin Oranges</p>
<p>17</p> <p style="text-align: center;">No School Today!</p> 	<p>18</p> <p>GF Chicken Tenders/GF Dinner Roll</p> <p>Steamed Broccoli</p> <p>Edamame</p> <p>Pears</p> <p>Peaches</p>	<p>19</p> <p>GF Hamburger</p> <p>Steamed Corn</p> <p>Mashed Potatoes</p> <p>Strawberry Applesauce</p> <p>Fruit Cocktail</p>	<p>20</p> <p>GF Cheese Pizza</p> <p>Green Beans</p> <p>Baby Carrots</p> <p>Oranges</p> <p>Mixed Berry Cup</p>	<p>21</p> <p>Chicken Fajita Meat/Tortilla Chips</p> <p>Mixed Vegetables</p> <p>Glazed Carrots</p> <p>Fruit Choice</p> <p>Applesauce</p>
<p>24</p> <p>Hot Dog* on GF Bun</p> <p>Baked Beans</p> <p>Steamed Peas</p> <p>Baked Apples</p> <p>Pineapple</p>	<p>25</p> <p>Cheese Burger on GF Bun</p> <p>Steamed Broccoli</p> <p>Italian Blend Vegetables</p> <p>Applesauce</p> <p>Fruit Choice</p>	<p>26</p> <p>Grilled Chicken on GF Bun</p> <p>Edamame</p> <p>Glazed Carrots</p> <p>Pears</p> <p>Pineapple</p>	<p>27</p> <p>GF Pancakes/Omelet</p> <p>Hash Brown</p> <p>Green Beans</p> <p>100% Orange Juice</p> <p>Blueberries</p>	<p>28</p> <p>Beef Taco Meat/Tortilla Chips</p> <p>Fiesta Black Beans</p> <p>Corn</p> <p>Pineapple</p> <p>Pears</p>
<p>31</p> <p>GF Chicken Tenders/GF Roll</p> <p>Mixed Vegetables</p> <p>Green Beans</p> <p>Pineapple</p> <p>Baked Apples</p>	<p><i>Supply Chain Disruptions may result in rapid menu changes. Nutrislice will be updated to reflect those changes to the menu. Please refer to Nutrislice frequently. https://norwalkschools.nutrislice.com/menu/</i></p>			
<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>GF 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>				