

Norwalk Community School District-Elementary Gluten-Free Menu

FEBRUARY 2022 GLUTEN-FREE LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| | 1 | 2 | 3 | 4 |
| | Cheese Burger on GF Bun Corn Sliced Tomatoes/Baby Carrots Fruity Side Kick Fruit Cocktail | No School Today K-12 | Grilled Chicken Patty on a GF Bun Sweet Potato Fries Baby Carrots/Broccoli Pears Apricots | GF Grilled Cheese Sandwich Green Beans Assorted Veggies/Chilled Peas Pineapple Peaches |
| 7 | 8 | 9 | 10 | 11 |
| GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Craisins Applesauce | GF Pancakes/Trix Yogurt Hash Brown Potato Cherry Tomatoes/Baby Carrots Blueberries 100% Apple Juice | Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Apricots | Homemade Garlic Cheese Bread Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Peaches | Deli Turkey Sandwich on GF Bread Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail |
| 14 | 15 | 16 | 17 | 18 |
| Homemade Garlic Cheese Bread Steamed Peas Baby Carrots/Zucchini Slices Sliced Apples Mixed Berry Cup | GF Chicken Tenders/GF Dinner Roll Steamed Broccoli Chilled Edamame/Baby Carrots Apricots Cinnamon Applesauce | GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries | GF Grilled Cheese Sandwich Oven Baked Tater Tots Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches | Walking Taco/Salsa or Ranch Beans Shredded Lettuce/Diced Tomatoes Strawberry Kiwi Side Kick Pears |
| 21 | 22 | 23 | 24 | 25 |
| Hot Ham* & Cheese Sandwich Mashed Potatoes Baby Carrots/Romaine Lettuce Pears Mandarin Oranges | Hamburger on a GF Bun* Steamed Corn Baby Carrots/Romaine Lettuce Peaches Apple Slices | Grilled Chicken on GF Bun Green Beans Chilled Peas/Baby Carrots Craisins Fresh Orange Wedges | GF Pancakes/Sausage Patties* Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Blueberries | GF Pepperoni Pizza* Baked Beans Chilled Edamame/Baby Carrots Pineapple Applesauce |
| 28 | GF Chicken Tenders Steamed Broccoli Baby Carrots/Romaine Lettuce Pears Mandarin Oranges | | | |
| <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 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 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> | | | | |