

Norwalk Community School District-Secondary Cafeteria Gluten-Free Menu

FEBRUARY 2022 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Cheese Burger on GF Bun Steamed Corn Garden Peas Mandarin Oranges Mixed Berry Cup	No School Today K-12	Homemade Garlic Cheese Bread Mixed Vegetables Steamed Edamame Craisins Applesauce Cup	Grilled Chicken on GF Bun Steamed Cauliflower/Broccoli Sweet Potato Fries Pineapple Fruit Cocktail
7	8	9	10	11
GF Chicken Tenders/GF Roll Glazed Carrots Steamed Broccoli Applesauce Pineapple	Pulled Pork on GF Bun* Baked Beans Green Beans Pears Mandarin Oranges	Queso Blanco/Tortilla Chips Refried Beans Steamed Corn Peaches Banana	GF Grilled Cheese Sandwich Tater Gems Italian Vegetables Strawberries Craisins	GF Pancakes/Lil' Smokies Hash Brown Mixed Vegetables Juice Cup Blueberries
14	15	16	17	18
GF Chicken Tenders/GF Roll Glazed Carrots Sweet Potato Fries Baked Apples Pineapple	GF Cheese Pizza Steamed Broccoli Edamame Pears Peaches	GF Hamburger Steamed Corn Mashed Potatoes Strawberry Applesauce Fruit Cocktail	Homemade Garlic Cheese Bread Green Beans Baby Carrots Oranges Mixed Berry Cup	Chicken Fajita Meat/Tortilla Chips Fiesta Black Beans Mixed Vegetables Fruit Choice Applesauce
21	22	23	24	25
Hot Dog* on GF Bun Baked Beans Steamed Peas Side Kick Pineapple	Cheeseburger on a GF Bun* Steamed Broccoli Italian Vegetables Applesauce Fruit Choice	Grilled Chicken on GF Bun Edamame Glazed Carrots Pears Pineapple	GF Pancakes/Sausage Patties* Hash Brown Potato Green Beans 100% Orange Juice Blueberries	Beef Taco Meat/Tortilla Chips Fiesta Black Beans Corn Pears Peaches
28	<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>			
* 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.				