



Norwalk Community School District-Gluten-Free Elementary



SEPTEMBER 2022 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Elementary Meal Pricing:</u> Elementary Breakfast \$2.05 Reduced Priced Breakfast \$.30 Elementary Lunch \$3.00 Reduced Priced Lunch \$.40 Single Carton of Milk \$.50		1 Homemade Garlic Cheese Bread Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	2 Deli Turkey Sandwich Baked Beans Celery Sticks/Vegetable Choice Mandarin Oranges Fruit Cocktail
5 NO SCHOOL TODAY! 	6 GF Chicken Tenders/GF Roll Steamed Broccoli Chilled Edamame/Baby Carrots Fresh Orange Slices Cinnamon Applesauce	7 GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	8 GF Grilled Cheese Sandwich Oven Baked Potato Wedges Romaine Salad/Cherry Tomatoes Cinnamon Spiced Baked Apples Peaches	9 Walking Taco/Salsa Hawkeye Black Beans Shredded Lettuce/Diced Tomatoes Frozen Fruit Slushy Pears
12 GF Cheese Pizza Mixed Vegetables Baby Carrots/Vegetable Choice Blueberries Pineapple	13 GF Cheese Burger on Bun Green Beans Chilled Peas/Baby Carrots Craisins Grapes	14 GF Chicken Tenders Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	15 GF Pancakes/Sausage Patties* Hash Brown Potato Baby Carrots/Celery 100% Orange Juice Apple Slices	16 Queso Blanco/Tortilla Chips <i>or</i> Refried Beans Shredded Lettuce/Diced Tomatoes Pineapple Pears
19 GF Grilled Chicken Sandwich Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	20 GF Cheese Burger on Bun Corn Red Pepper Strips/Baby Carrots Orange Wedges Apple Slices	21 Deli Turkey Sandwich on GF Bread Baked Beans Cucumber Slices/Baby Carrots Fruit Cocktail Thickened Strawberries	22 GF Chicken Tenders/GF Dinner Roll Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Mandarin Oranges	23 Homemade Garlic Cheese Bread Green Beans Chilled Peas/Veggie Choice Pineapple Peaches
26 GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	27 GF Pancakes/Trix Yogurt Hash Brown Potato Cherry Tomatoes/Baby Carrots Craisins 100% Apple Juice	28 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Romaine Lettuce/Baby Carrots Apple Slices Grapes	29 Hot Dog* on a GF Bun Sweet Potato Fries Baby Carrots/Broccoli Pears Peaches	30 GF Grilled Cheese Sandwich Green Beans Chilled Edamame/Veggie Choice Pineapple Peaches

Need help paying for school meals? See if your household qualifies for meal assistance. Apply online at www.schoolcafe.com. If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at norwalk.revtrak.net. If you have not yet registered for account balance information, you may do so at www.schoolcafe.com. You have until September 30, 2022 to complete the fee waiver if you were approved for free or reduced-priced school meals.

Nutritional information, including common food allergens can be found at norwalkschools.nutrislice.com. Unexpected supply chain issues, may result in sudden menu changes. Nutri-Slice will have the most up to date information and we will do our best to update menu changes there before the start of the school day.

* Entrée May Contain Pork
USDA is an equal opportunity provider.

A Variety of Condiments Are Offered Daily
Menu is subject to change without notice.

GF cereal is offered daily as a breakfast option. A Variety of AE Milk is Offered Daily- Skim White or Skim Chocolate

Students may choose the GF hot entrée or yogurt & string cheese option daily. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.