




Norwalk Community School District-Gluten-Free Secondary Campus Cafeteria



SEPTEMBER 2022 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Price Grades 6-12 \$3.10			1 Queso Blanco/Tortilla Chips Steamed Corn Fiesta Black Beans/Pico de Gallo Peaches Grapes	2 Grilled Chicken on GF Bun Mashed Potatoes Cauliflower Watermelon 100% Apple Juice
5 NO SCHOOL TODAY! 	6 GF Chicken Tenders/GF Roll Baby Carrots Green Beans Apple Slices Apricots	7 GF Grilled Cheese Sandwich Baked Beans Mixed Vegetables Thickened Strawberries Craisins	8 GF Pancakes/Sausage Patties* Hash Browns Italian Blend Vegetables Chilled Blueberries Orange Juice	9 Walking Taco/Salsa Steamed Broccoli Corn Pineapple Fruit Cocktail 
12 Nachos with Cheese Glazed Carrots Green Beans Strawberry Applesauce Fresh Orange Wedges	13 GF Cheese Burger on Bun Oven Baked French Fries Broccoli Pears Pineapple	14 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Peas Peaches Mixed Berry Cup	15 GF Pancakes/Sausage Patties* Hash Brown Potato Steamed Corn Fruit Slushy Apple Slices	16 GF Cheese Pizza Tater Gems Steamed Peas Mandarin Oranges Blueberries
19 GF Cheese Burger Corn Mashed Potatoes Craisins Pears	20 GF Chicken Tenders/GF Roll Edamame Glazed Carrots Mandarin Oranges Apple Slices	21 GF Pancakes/Scrambled Eggs Steamed Peas Sweet Potato Fries Applesauce Fruit Cocktail	22 Baked Potato Bar/GF Roll Green Beans Steamed Broccoli Grapes Pineapple	23 Homemade Garlic Cheese Bread Mixed Vegetables Cauliflower Chilled Blueberries Peaches
26 GF Cheese Pizza Cooked Carrots Steamed Broccoli Apple Slices Pineapple	27 Hot Dog* on GF Bun Peas Green Beans Mandarin Oranges Applesauce	28 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Italian Vegetables Pears Blueberries	29 Queso Blanco/Tortilla Chips Steamed Corn Fiesta Black Beans/Pico de Gallo Peaches Grapes	30 Grilled Chicken on GF Bun Mashed Potatoes Cauliflower Watermelon 100% Apple Juice

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.