



Norwalk Community School District-Gluten-Free Elementary



OCTOBER 2022 ELEMENTARY GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Homemade GF Garlic Cheese Bread Mixed Vegetables Baby Carrots/Green & Red Peppers Blueberries Pineapple	4 GF Chicken Tenders/GF Roll Steamed Broccoli Chilled Edamame/Baby Carrots Orange Wedges Cinnamon Applesauce	5 GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	6 GF Grilled Cheese Sandwich Tater Tots Romaine Salad/Cherry Tomatoes Watermelon Peaches	7 Walking Taco/Salsa Fiesta Black Beans Shredded Lettuce/Diced Tomatoes Mandarin Oranges Pears
10 No School Today! National School Lunch Week Peace, Love & School LUNCH	11 GF Deli Turkey & Cheese on GF Bun Mashed Potatoes Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	12 GF Cheese Burger Steamed Broccoli Chilled Peas/Baby Carrots Grapes Craisins	13 GF Pancakes/Sausage Patties* Hash Brown Potato Baby Carrots/Edamame 100% Orange Juice Apple Slices	14 Queso Blanco/Tortilla Chips Refried Beans Shredded Lettuce/Diced Tomatoes Peaches Pears
17 GF Chicken Tenders Steamed Broccoli Baby Carrots/Romaine Lettuce Craisins Mandarin Oranges	18 GF Cheese Burger Corn Romaine Lettuce/Tomato Slices Apricots Apple Slices	19 Grilled Chicken on GF Bun Baked Beans Cucumber Slices/Baby Carrots Fruit Cocktail Thickened Strawberries	20 Deli Ham* & Cheese on a GF Bun Sweet Potato Fries Baby Carrots/Chilled Edamame Pears Mandarin Oranges	21 Homemade Garlic Cheese Bread Green Beans Chilled Peas/Romaine Lettuce Pineapple Peaches
24 GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Blueberries Applesauce	25 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Shredded Lettuce/Diced Tomatoes Apple Slices Fresh Grapes	26 GF Pancakes/Trix Yogurt Hash Brown Potato Celery/Baby Carrots Craisins 100% Apple Juice	27 Hot Dog* on a GF Bun Baked Beans Baby Carrots/Broccoli Pears Peaches	28 Homemade Garlic Cheese Bread Corn Edamame/Romaine Lettuce Pineapple Mandarin Oranges
31 Pepperoni French Bread* or Mixed Vegetables Baby Carrots/Cucumber Slices Orange Wedges Pineapple	Elementary Meal Pricing: Elementary Breakfast \$2.05 Reduced Priced Breakfast \$.30 Elementary Lunch \$3.00 Reduced Priced Lunch \$.40 Single Carton of Milk \$.50			
<i>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.</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 & Skim Chocolate 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.				