






Norwalk Community School District-Gluten-Free Secondary Campus Cafeteria



OCTOBER 2022 SCC GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GF Chicken Tenders/GF Roll Baby Carrots Green Beans Apple Slices Apricots	4 GF Cheese Burger on GF Bun Mashed Potatoes Broccoli Pears Pineapple	5 GF Grilled Cheese Sandwich Glazed Carrots Cucumber Slices/Fresh Broccoli Banana Thickened Strawberries	6 GF Pancakes/Sausage Patties* Hash Brown Potato Italian Blend Vegetables Chilled Blueberries 100% Orange Juice	7 Walking Taco/Salsa Steamed Broccoli Corn Pineapple Fruit Cocktail
10 No School Today! National School Lunch Week 	11 GF Burger on Bun Oven Baked Fries Broccoli Pears Pineapple	12 GF Grilled Chicken Sandwich Glazed Carrots Green Beans Strawberry Applesauce Fresh Oranges 	13 GF Pancakes/Sausage Patties* Hash Brown Potato Steamed Corn Juice Cup Apple Slices	14 GF Garlic Cheese Bread Mixed Vegetables Baked Beans Peaches Blueberries 
17 GF Cheese Burger Corn Mashed Potatoes Craisins Pears	18 GF Chicken Tenders/GF Rolls Edamame Glazed Carrots Fresh Apple Slices Mandarin Oranges	19 GF Pancakes/Scrambled Eggs Steamed Peas Hash Brown Potato Applesauce Fruit Cocktail	20 Baked Potato with Cheese Sauce/GF Roll Green Beans Broccoli Grapes Pineapple	21 Homemade Garlic Cheese Bread Mixed Vegetables Baked Beans Peaches Blueberries
24 Homemade Garlic Cheese Bread Carrots Steamed Broccoli Apple Slices Pineapple	25 Hot Dog* on GF Bun Baked Beans Green Beans Mandarin Oranges Applesauce	26 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Italian Vegetables Pears Blueberries	27 Queso Blanco/Tortilla Chips Steamed Corn Fiesta Taco Beans/Pico de Gallo Peaches Grapes	28 Cheese Pizza Mashed Potatoes Italian Blend Vegetables Fruit Slushy Fruit Cocktail
31 GF Chicken Tenders/GF Roll Baby Carrots Green Beans Apple Slices Apricots	Secondary Meal Pricing: Breakfast \$2.05 Reduced Priced Breakfast \$.30 Secondary Lunch \$3.10 Reduced Lunch \$.40 Milk \$.50			

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 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.