






Norwalk Community School District-Gluten-Free Elementary



JANUARY 2023 ELEMENTARY GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3	4 GF Chicken Tenders Steamed Broccoli Baby Carrots/Chilled Edamame Applesauce Cup Craisins	5 GF Grilled Cheese Sandwich Baked Beans Celery Sticks/Baby Carrots Mandarin Oranges Fruit Cocktail	6 GF Grilled Chicken on Bun Sweet Potato Fries Baby Carrots/Chilled Peas Pears Peaches
9 GF Cheese Pizza Steamed Peas Baby Carrots/Zucchini Slices Baked Apples Pineapple	10 GF Deli Turkey & Cheese Sandwich Corn Fresh Broccoli/Celery Sticks Fruit Cocktail Applesauce	11 Homemade Garlic Cheese Bread Steamed Broccoli Chilled Peas/Baby Carrots Orange Wedges Craisins 	12 GF Pancakes/Sausage Patties* Hash Brown Potato Baby Carrots/Edamame 100% Orange Juice Blueberries 	13 Queso Blanco/Tortilla Chips Refried Beans Shredded Lettuce/Diced Tomatoes Peaches Pears
16 Martin Luther King Day	17 GF Chicken Tenders/GF Roll Steamed Broccoli Chilled Edamame/Baby Carrots Cinnamon Applesauce Cup Raisins	18 GF Pepperoni Pizza* Glazed Carrots Cucumber Slices/Broccoli Fruit Cocktail Thickened Strawberries	19 GF Grilled Cheese Sandwich French Fries Romaine Salad/Cherry Tomatoes Cinnamon Baked Apples Pineapple	20 Walking Taco/Salsa Refried Beans Shredded Lettuce/Diced Tomatoes Pears Peaches
23 GF Garlic Cheese Bread Steamed Peas Baby Carrots/Zucchini Slices Fruit Cocktail Pineapple	24 Beef Taco Meat/Tortilla Chips Refried Beans/Shredded Cheese Shredded Lettuce/Diced Tomatoes Sliced Apples Mandarin Oranges	25 GF Pancakes/Strawberry Yogurt Hash Brown Potato Celery/Baby Carrots Blueberries 100% Apple Juice	26 Hot Dog* on a GF Bun Baked Beans Baby Carrots/Broccoli Pears Peaches	27 GF Cheeseburger Green Beans Edamame/Romaine Lettuce Pineapple Strawberries
30 GF Grilled Chicken Sandwich Mixed Vegetables Baby Carrots/Cucumber Slices Craisins Mandarin Oranges	31 GF Cheeseburger Corn Lettuce/Red Pepper Strips Apricots Apple Slices			

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

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.