





# Norwalk Community School District-Gluten-Free Elementary



MARCH 2023 GLUTEN FREE ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Students please join us as we kick off National School Breakfast Week March 6th - March 8th. Students can receive one free breakfast meal March 6-8th in the cafeteria.</b></p> 		<p>1</p> <p><b>GF Deli Turkey Sandwich</b> Baked Beans Baby Carrots/Broccoli Fruit Cocktail Mixed Berry Cup</p>	<p>2</p> <p><b>GF Grilled Chicken Sandwich</b> Sweet Potato Fries Chilled Edamame/Baby Carrots Mandarin Oranges Pears</p>	<p>3</p> <p><b>Homemade Garlic Cheese Bread</b> Green Beans Baby Carrots/Chilled Peas Pineapple Peaches</p>
<p>6</p> <p><b>GF Cheese Burger</b> Steamed Peas Baby Carrots/Chilled Edamame Baked Apples Mandarin Oranges</p>	<p>7</p> <p><b>Chicken Taco Meat/Tortilla Chips</b> Refried Beans/Shredded Cheese Shredded Lettuce/Diced Tomatoes Pineapple Mixed Berry Cup</p>	<p>8</p> <p><b>GF Pancakes/Sausage Patties*</b> Tater Tots Baby Carrots/Broccoli Blueberries 100% Juice Cup</p>	<p>9</p> <p><b>No School! Have a great break!</b></p> 	
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>



**NO SCHOOL MARCH 13-17**



<p>20</p> <p><b>GF Chicken Tenders</b> Steamed Peas Baby Carrots/Zucchini Slices Fruit Cocktail Pineapple</p>	<p>21</p> <p><b>GF Turkey &amp; Gravy/GF Roll</b> Mashed Potatoes Romaine Lettuce/Red Pepper Strips Applesauce Mandarin Oranges</p>	<p>22</p> <p><b>Homemade Garlic Cheese Bread</b> Green Beans Romaine Lettuce/Celery Sticks Banana Apricot Cup</p>	<p>23</p> <p><b>Hot Dog* on a GF Bun</b> Baked Beans Baby Carrots/Broccoli Pears Peaches</p>	<p>24</p> <p><b>GF Grilled Cheese Sandwich</b> Oven Baked Potato Wedges Baby Carrots/Chilled Edamame Mixed Fruit Apple Slices</p>
<p>27</p> <p><b>GF Grilled Chicken Sandwich</b> Sweet Potato Fries Baby Carrots/Cucumber Slices Craisins Mandarin Oranges</p>	<p>28</p> <p><b>GF Pancakes/Yogurt</b> Oven Baked Fries Romaine Salad/Red Pepper Strips Grapes Pears &amp; Fruit Slushy</p>	<p>29</p> <p><b>GF Hot Ham &amp; Cheese Sandwich</b> Steamed Broccoli Cauliflower Florettes/Romaine Lettuce Apple Slices Strawberries</p>	<p>30</p> <p><b>GF Cheese Burger</b> Steamed Broccoli Baby Carrots/Chilled Edamame Applesauce Mixed Fruit</p>	<p>31</p> <p><b>Queso Blanco/Tortilla Chips</b> Refried Beans Shredded Lettuce/Diced Tomatoes Pineapple Peaches</p>

*Nutritional information, including common food allergens can be found at [norwalkschools.nutrislice.com](http://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.

Only Whole Grain-Rich Products Are Served

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 Milk is Offered Daily

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