



Norwalk Community School District-Elementary Gluten-Free Menu



APRIL 2023 ELEMENTARY GF LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GF Chicken Tenders Sweet Potato Fries Baby Carrots/Cucumber Slices Apricots Strawberry Applesauce	4 Hamburger on GF Bun Baked Beans Romaine Lettuce/Tomato Slices Baked Apples Fresh Grapes	5 GF Deli Ham* Sandwich Green Beans Romaine Lettuce/Edamame Fruit Cocktail Thickened Strawberries	6 GF Homemade Grilled Cheese Steamed Peas Baby Carrots/Broccoli Mandarin Oranges Pears	7 GF Pancakes/Yogurt Hash Brown Baby Carrots/Celery Pineapple Peaches
10 Homemade Garlic Cheese Bread Steamed Broccoli Baby Carrots/Cauliflower Baked Apples Mandarin Oranges	11 Walking Taco Refried Beans/Shredded Cheese Shredded Lettuce/Diced Tomatoes Applesauce Cup Fruit Cocktail	12 GF Grilled Chicken Sandwich Green Beans Cucumber Slices/Broccoli Banana Thickened Strawberries	13 GF Deli Ham* Sandwich Mixed Vegetables Baby Carrots/Romaine Lettuce Orange Wedges & Fruit Slusht Apple Slices	14 GF Cheese Burger Corn Romaine Lettuce/Cherry Tomatoes Peaches Pears
17 GF Deli Turkey & Cheese Sandwich Steamed Broccoli Baby Carrots/Cauliflower Applesauce Raisins or Craisins	18 GF Chicken Tenders Steamed Corn Romaine Lettuce/Red Pepper Strips Banana Mandarin Oranges	19 Hot Dog* on a GF Bun Baked Beans Zucchini/Baby Carrots Apple Slices Mixed Fruit	20 Grilled Chicken Sandwich Steamed Edamame Romaine Salad/Tomato Slices Peaches Pineapple	21 GF Pancakes/Sausage Patties* Hash Brown Baby Carrots/Celery 100% Juice Cup Chilled Blueberries
24 GF Chicken Tenders/GF Roll Steamed Broccoli Carrots/Cauliflower Fruit Cocktail Applesauce	25 Turkey & Gravy/GF Roll Mashed Potatoes Romaine Lettuce/Broccoli Pineapple Mandarin Oranges	26 Hot Ham & Cheese Sandwich* Green Beans Edamame/Baby Carrots Grapes Apricots	27 Chicken Fajita Meat/Tortilla Chips Baked Beans Baby Carrots/Broccoli Pears Peaches	28 Queso Blanco/Chips Refried Beans Baby Carrots/Diced Tomatoes Apple Slices Mixed Berries



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.