



Norwalk Community School District-Gluten-Free Elementary Menu



MAY 2023 GLUTEN-FREE ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>GF Deli Turkey Sandwich</p> <p>Steamed Peas</p> <p>Baby Carrots/Cucumber Slices</p> <p>Blueberries</p> <p>Applesauce</p>	<p>2</p> <p>GF Cheese Burger</p> <p>Oven Baked Fries</p> <p>Romaine Lettuce/Tomato Slices</p> <p>Apple Crisp </p> <p>Fresh Grapes</p>	<p>3</p> <p>Beef TacoMeat/Tortilla Chips/Cheese</p> <p>Refried Beans</p> <p>Romaine Lettuce/Diced Tomatoes</p> <p>Craisins</p> <p>Fruit Slushy</p>	<p>4</p> <p>Homemade Garlic Cheese Bread</p> <p>Steamed Broccoli</p> <p>Baby Carrots/Edamame</p> <p>Peaches</p> <p>Pears</p>	<p>5</p> <p>GF Grilled Cheese Sandwich</p> <p>Glazed Carrots</p> <p>Romaine Lettuce/Broccoli</p> <p>Fruit Cocktail</p> <p>Mandarin Oranges</p>
<p>8</p> <p>GF Chicken Tenders</p> <p>Steamed Broccoli</p> <p>Baby Carrots/Chilled Peas</p> <p>Pineapple</p> <p>Mixed Berry Cup</p>	<p>9</p> <p>GF Pancakes/Sausage Patties*</p> <p>Tater Tots</p> <p>Baby Carrots/Celery Sticks</p> <p>Fruit Choice</p> <p>100% Juice Cup</p>	<p>10</p> <p>GF Grilled Chicken Sandwich</p> <p>Sweet Potato Fries</p> <p>Romaine Lettuce/Chilled Edamame</p> <p>Banana</p> <p>Thickened Strawberries</p>	<p>11</p> <p>Diced Ham*/GF Dinner Roll</p> <p>Baked Beans</p> <p>Baby Carrots/Romaine Lettuce</p> <p>Mandarin Oranges</p> <p>Pears</p>	<p>12</p> <p>Chicken Fajita Meat/Tortilla Chips</p> <p>Green Beans</p> <p>Broccoli/Cucumbers</p> <p>Peaches </p> <p>Fruit Cocktail</p>
<p>15</p> <p>GF Garlic Cheese Bread</p> <p>Steamed Broccoli</p> <p>Baby Carrots/Cauliflower </p> <p>Applesauce</p> <p>Raisins or Craisins</p>	<p>16</p> <p>GF Ham* Sandwich</p> <p>Mixed Vegetables</p> <p>Romaine Lettuce/Red Pepper Strips</p> <p>Banana</p> <p>Mandarin Oranges</p>	<p>17</p> <p>GF Cheese Burger</p> <p>Steamed Corn</p> <p>Zucchini/Baby Carrots</p> <p>Apple Slices</p> <p>Mixed Fruit</p>	<p>18</p> <p>Cook's Choice</p> <p>Vegetable Choice</p> <p>Romaine Salad/Tomato Slices</p> <p>Peaches</p> <p>Pineapple</p>	<p>19</p> <p>GF Grilled Cheese Sandwich</p> <p>Steamed Peas</p> <p>Baby Carrots/Celery</p> <p>Fruit Choice</p> <p>Chilled Blueberries</p>
<p>22</p> <p>GF Chicken Tenders</p> <p>Sweet Potatoes</p> <p>Carrots/Cauliflower</p> <p>Apricots</p> <p>Pineapple</p>	<p>23</p> <p>GF Hamburger</p> <p>Baked Beans</p> <p>Romaine Lettuce/Tomato Slices</p> <p>Orange Wedges</p> <p>Cinnamon Applesauce Cup</p>	<p>24</p> <p>GF Grilled Chicken Sandwich</p> <p>Glazed Carrots</p> <p>Romaine Lettuce/Cherry Tomatoes</p> <p>Banana</p> <p>Thickened Strawberries</p>	<p>25</p> <p>GF Garlic Cheese Bread</p> <p>Steamed Peas</p> <p>Baby Carrots/Broccoli</p> <p>Watermelon</p> <p>Apricots</p>	<p>26</p> <p>GF Pancakes/Vanilla Yogurt</p> <p>Tater Tots</p> <p>Baby Carrots/Veggie Choice</p> <p>Fruit Choice</p> <p>100% Juice Cup</p>
<p>29</p> <p style="text-align: center;"><i>MEMORIAL DAY! NO SCHOOL!</i></p> <p></p>	<p>30</p> <p>GF Chicken Tenders</p> <p>Hot Vegetable Choice</p> <p>Baby Carrots/Chilled Peas</p> <p>Pears</p> <p>Mandarin Oranges</p>	<p>31</p> <p>GF Cheese Sandwich</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Applesauce Cup</p> <p>Craisins</p>	<p>HAPPY SUMMER VACATION!</p>	
<p><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></p>				
<p>* 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.</p> <p style="text-align: center;">GF Cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily</p> <p>Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily unless noted otherwise. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.</p>				