





Norwalk Community School District-Gluten-Free Elementary



AUGUST 2023 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>Elementary Meal Pricing:</u> Elementary Breakfast \$2.15 Reduced Priced Breakfast \$.30 Elementary Lunch \$3.10 Reduced Priced Lunch \$.40 Single Carton of Milk \$.50</p>		
		<p>23</p> <p>GF Chicken Tenders Sweet Potato Fries Baby Carrots/Cucumber Slices Apple Slices Peaches</p>	<p>24</p> <p>GF Cheese Pizza Seasoned Black Beans Romaine Salad/Cherry Tomatoes Orange Wedges & GF CC Cookie Cinnamon Applesauce Cup</p>	<p>25</p> <p>GF Pancakes/Yogurt Hash Brown Baby Carrots/Celery Sticks 100% Fruit Juice Pears</p>
<p>28</p> <p>Homemade GF Grilled Cheese Steamed Broccoli Baby Carrots/Cauliflower Mandarin Oranges Craisins</p>	<p>29</p> <p>GF Chicken Tenders Steamed Corn Romaine Lettuce/Red Pepper Strips Fruit Cocktail Applesauce</p>	<p>30</p> <p>Hot Dog* on a GF Bun Baked Beans Zucchini/Baby Carrots Grapes Apricots</p>	<p>31</p> <p>Grilled Chicken on GF Bun Steamed Edamame Romaine Salad/Tomato Slices Peaches Pears</p>	
<p>Need help paying for school meals? See if your household qualifies for meal assistance. Apply online at www.schoolcafe.com. If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at norwalk.revtrak.net. If you have not yet registered for account balance information, you may do so at www.schoolcafe.com. You have until September 30, 2023 to complete the fee waiver if you were approved for free or reduced-priced school meals.</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. Gluten-Free Cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily</p> <p>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.</p>				