


Norwalk Community School District-Gluten-Free Elementary

SEPTEMBER 2023 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>Elementary Meal Pricing:</u> Elementary Breakfast \$2.15 Reduced Priced Breakfast \$3.10 Elementary Lunch \$3.10 Reduced Priced Lunch \$4.40 Single Carton of Milk \$.50	1 GF Pancakes/Sausage Patties* Hash Brown Baby Carrots/Grape Tomatoes 100% Fruit Juice Apple Slices
4	5	6	7	8
	GF Chicken Tenders Steamed Broccoli Baby Carrots/Cauliflower Craisins Mandarin Oranges	GF Cheese Pizza Green Beans Chilled Edamame/Baby Carrots Fruit Cocktail Thickened Strawberries	GF Corn Dog Steamed Corn Romaine Salad/Zucchini Pears Baked Apples	Queso Blanco/Tortilla Scoops or Refried Beans Baby Carrots/Diced Tomatoes Pineapple Peaches
11	12	13	14	15
Homemade GF Garlic Cheese Bread Steamed Peas Baby Carrots/Cucumber Slices Blueberries Applesauce	GF Cheese Burger Oven Baked French Fries Romaine Lettuce/Tomato Slices Fresh Grapes Apple Slices	Taco Meat/Cheese/Tortilla Chips Refried Beans Shredded Romaine/Diced Tomatoes Apple Crisp Craisins	GF Deli Ham* Sandwich Steamed Broccoli Baby Carrots/Chilled Edamame Peaches Pears	GF Grilled Cheese Sandwich Glazed Carrots Romaine Lettuce/Broccoli Pineapple Mandarin Oranges
18	19	20	21	22
GF Grilled Chicken Sandwich Steamed Broccoli Baby Carrots/Chilled Peas Apple Slices Strawberries	GF Pancakes/Cheese Omelet Hash Brown Baby Carrots/Celery Chilled Blueberries 100% Fruit Juice Cup	GF Chicken Tenders Sweet Potato Fries Chilled Edamame/Romaine Lettuce Grapes Apricots	GF Corn Dog Baked Beans Romaine Salad/Baby Carrots Fruit Cocktail Orange Wedges	Homemade GF Garlic Cheese Bread Green Beans Broccoli/Cucumbers Peaches Pears
25	26	27	28	29
GF Deli Turkey Sandwich Steamed Broccoli Baby Carrots/Zucchini Slices Baked Apples Craisins	GF Cheese Burger Steamed Green Beans Romaine Lettuce/Red Pepper Strips Fruit Cocktail Peach Applesauce Cup	GF Cheese Pizza Corn Chilled Edamame/Baby Carrots Peaches Apple Slices	Walking Taco/Salsa or Refried Beans Romaine Salad/Diced Tomatoes Pears Mandarin Oranges	NO SCHOOL TODAY!

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.



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.