


Norwalk Community School District-Gluten-Free Grades 6-12

SEPTEMBER 2023 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<u>Secondary Meal Pricing:</u> Secondary Breakfast \$2.15 Reduced Priced Breakfast \$.30 Secondary Lunch \$3.20 Reduced Priced Lunch \$.40 Single Carton of Milk \$.50	1 Beef Taco Meat/Tortilla Chips Refried Beans Sweet Potato Fries Peaches Pears
4	5	6	7	8
	GF Hot Dog* on GF Bun Baked Beans Steamed Peas Mandarin Oranges Applesauce	Walking Taco Refried Beans Steamed Broccoli Pears Apricots	GF Cheese Burger Green Beans Sweet Potato Fries Grapes Pineapple	Homemade GF Garlic Cheese Bread Tater Tots Mixed Vegetables Peaches Pears
11	12	13	14	15
GF Corn Dog Steamed Broccoli Corn Apple Slices Pineapple	GF Cheese Pizza Italian Blend Vegetables Baby Carrots Mandarin Oranges Applesauce	Queso Blanco/Tortilla Chips Refried Beans Steamed Broccoli/Cauliflower Pears Apricots	Baked Potato Bar/GF Roll Green Beans Glazed Carrots Baked Apples Pineapple	GF Pancakes/Cheese Omelet Sweet Potato Fries Edamame 100% Fruit Juice Pears
18	19	20	21	22
GF Grilled Chicken Sandwich Steamed Broccoli Baked Beans Apple Slices Pineapple	GF Chicken Tenders/GF Roll Black Beans Corn Mandarin Oranges Applesauce	GF Grilled Chicken Sandwich Green Beans Cauliflower Pears Apricots	GF Cheese Burger Baby Carrots Steamed Peas Grapes Pineapple	Homemade GF Garlic Cheese Bread Mashed Potatoes Green Beans Peaches Pears
25	26	27	28	29
Chicken Fajita/Tortilla Chips Baked Beans Steamed Broccoli Apple Slices Pineapple	GF Turkey & Gravy/GF Roll Mashed Potatoes Green Beans Mandarin Oranges Applesauce	GF Pancakes/Sausage Patties* Hash Brown Carrots 100% Fruit Juice Cup Fruit Cocktail	GF Grilled Chicken Sandwich Edamame Mixed Vegetables Blueberries Applesauce	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
 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, cold entrée or yogurt & string cheese option daily. All meals include a choice of fruit & vegetable sides, as well as a carton of milk.