




Norwalk Community School District-Gluten-Free Elementary

OCTOBER 2023 GLUTEN-FREE LUNCH MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
				Ms. Bell's 2nd Grade Class Menu		Ms. Phillips' 2nd Grade Class Menu			
GF Chicken Tenders		GF Cheese Pizza		Hamburger on GF Bun		GF Garlic Cheese Bread		GF Pancakes/Yogurt	
Sweet Potato Fries		Seasoned Black Beans		Mashed Potatoes		Green Beans		Hash Brown	
Baby Carrots/Cucumber Slices		Romaine Salad/Cherry Tomatoes		Broccoli/Carrots		Romaine Salad/Pickles		Baby Carrots/Edamame	
Pineapple		Fruit Cocktail		Apple Slices		Watermelon		100% Fruit Juice	
Chilled Blueberries		Cinnamon Applesauce Cup		Thickened Strawberries		Oranges		Blueberries	
9		10		11		12		13	
		Ms. Clark's 2nd Grade Class Menu		Ms. Robinson's 2nd Grade Class Menu					
GF Cheese Pizza		GF Chicken Tenders		Hot Dog* on a GF Bun		Grilled Chicken on GF Bun		GF Pancakes/Sausage Patties*	
Steamed Broccoli		Potato Smiles		Corn		Baked Beans		Hash Brown Potato	
Baby Carrots/Cauliflower		Romaine Lettuce/Baby Carrots		Broccoli/Pickles		Romaine Salad/Tomato Slices		Baby Carrots/Edamame	
Baked Apples		Watermelon		Strawberries		Mandarin Oranges		100% Fruit Juice	
Fruit Cocktail		Grapes		Watermelon		Pears & GF CC Cookie		Mixed Berry Cup	
16		17		18		19		20	
Ms. Iburs 2nd Grade Class Menu				Ms. Scott's 2nd Grade Class Menu		Ms. Greenslade's 2nd Grade Class Menu			
GF Chicken Tenders/GF Roll		GF Turkey Gravy & GF Roll		GF Cheese Pizza		GF Corn Dog*		Queso Blanco & Tortilla Scoops	
Corn on the Cob		Mashed Potatoes		Corn		Green Beans		Refried Beans	
Baby Carrots/Cucumber Slices		Romaine Lettuce/Broccoli		Salad/Tomatoes		Red Peppers/Carrots		Baby Carrots/Cherry Tomatoes	
Peaches		Pears		Watermelon		Apple Slices		Pineapple	
Apple Slices		Apricots		100% Fruit Slushy		Watermelon		Applesauce	
23		24		25		26		27	
				Ms. Turner's 2nd Grade Class Menu					
Grilled Chicken on GF Bun		Cheese Burger on GF Bun		GF Cheese Pizza		GF Garlic Cheese Bread		GF Grilled Cheese Sandwich	
Steamed Peas		Oven Baked French Fries		Corn		Steamed Broccoli		Glazed Carrots	
Baby Carrots/Cucumber Slices		Romaine Lettuce/Tomato Slices		Shredded Romaine/Diced Tomatoes		Baby Carrots/Chilled Edamame		Romaine Lettuce/Broccoli	
Blueberries		Fresh Grapes		Watermelon		Peaches		Pineapple	
Applesauce		Apple Slices		100% Fruit Slushy		Pears		Mandarin Oranges	
30		31		<div>Second Grade students from Orchard Hills Elementary planned some of the October lunch menus for National School Lunch Week which is celebrated nationwide October 9th-13th. Each class learned about the 5 food components (milk, fruits, vegetables, whole grains and protein) required to be offered each lunch meal. They selected some of their favorite school lunch items. We will showcase their classroom selections during the month of November also. Thank you Second Grade!</div> <div></div>					
		Ms. Dirk's 2nd Grade Class Menu							
GF Chicken Tenders/GF Roll		GF Pancakes/Cheese Omelet							
Steamed Broccoli		Corn							
Baby Carrots/Chilled Peas		Broccoli/Pickles							
Apple Slices & GF CC Cookie		100 % Fruit Slushy							
Strawberries		Watermelon							
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									