



# Norwalk Community School District-Gluten-Free Secondary Campus Cafeteria



OCTOBER 2023 GLUTEN-FREE LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
GF Grilled Cheese Sandwich		GF Chicken Tenders/GF Roll		GF Corn Dog*		Glazed Chicken Drumstick/GF Roll		Beef Taco Meat/Tortilla Chips	
Steamed Carrots		Tater Tots		Green Beans		Hash Brown		Refried Beans	
Edamame		Steamed Peas		Steamed Broccoli		Italian Blend Vegetables		Sweet Potato Fries	
Apple Slices & GF CC Cookie		Mandarin Oranges		Pears		Grapes		Peaches	
Pineapple		Applesauce		Apricots		Pineapple		Pears	
9		10		11		12		13	
Hot Dog* on GF Bun		GF Chicken Tenders/GF Roll		Walking Taco		GF Cheeseburger		GF Garlic Cheese Bread	
Baked Beans		Mashed Potatoes		Refried Beans		Green Beans		Tater Tots	
Steamed Peas		Steamed Corn		Steamed Broccoli		Sweet Potato Fries		Mixed Vegetables	
Mandarin Oranges		Apple Slices		Pears		Grapes		Peaches	
Applesauce & GF CC Cookie		Strawberries		Apricots		Pineapple		Pears	
16		17		18		19		20	
GF Corn Dog		GF Cheese Pizza		Queso Blanco		GF Corn Dog*		Queso Blanco & Tortilla Scoops	
Steamed Broccoli		Italian Blend Vegetables		Refried Beans		Green Beans		Refried Beans	
Corn		Baby Carrots		Steamed Broccoli/Cauliflower		Red Peppers/Carrots		Baby Carrots/Cherry Tomatoes	
Apple Slices		Mandarin Oranges		Pears		Apple Slices		Pineapple	
Pineapple		Applesauce		Apricots		Watermelon		Applesauce	
23		24		25		26		27	
Grilled Chicken on GF Bun		GF Chicken Tenders/GF Roll		GF Garlic Cheese Bread		GF Cheeseburger		GF Pizza	
Steamed Broccoli		Black Beans		Green Beans		Baby Carrots		Mashed Potatoes	
Baked Beans		Corn		Steamed Cauliflower		Steamed Peas		Green Beans	
Apple Slices		Mandarin Oranges		Pears		Grapes		Peaches	
Pineapple		Applesauce		Baked Apples		Pineapple		Pears	
30		31							
GF Chicken Fajita/Tortilla Chips		GF Turkey & Gravy/GF Roll							
Baked Beans		Mashed Potatoes							
Steamed Broccoli		Green Beans							
Apple Slices		Mandarin Oranges							
Pinean		Applesauce							
Nutritional information, including common food allergens can be found at <a href="http://norwalkschools.nutrislice.com">norwalkschools.nutrislice.com</a> . 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  All meals include a choice of fruit & vegetable sides, as well as a carton of milk.									