



# Norwalk Community School District-Gluten Free

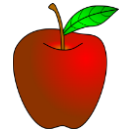


AUGUST 2018 EASTVIEW LUNCH MENU


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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# WELCOME BACK TO SCHOOL



<b>Prices for the 2018-19 School Year</b>		23	24
Secondary Breakfast	\$1.75	<b>Beef &amp; Cheese Nachos</b> Refried Beans Oven Baked Tater Gems Mandarin Oranges Fruit Cocktail	<b>GF Pancakes/Egg Omelet</b> Hash Brown Glazed Carrots 100% Orange Juice Blueberries
Secondary Lunch	\$2.70		
Individual Milk	\$0.50		

27	28	29	30	31
<b>GF Chicken Tenders/GF Roll</b> Mashed Potatoes Green Beans Pineapple Thickened Strawberries	<b>Cheese Burger on GF Bun</b> Peas California Blend Vegetables Fresh Apple Slices Fruit Cocktail	<b>GF Cheese Pizza</b> Steamed Califlower Baby Carrots Watermelon  Applesauce	<b>Hot Dog on GF Bun*</b> Steamed Broccoli Refried Beans Mandarin Oranges Diced Pears	<b>Hamburger on GF Bun</b> Crosstrax Sweet Potato Fries Seasoned Corn Peaches Craisins

**Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.**

***Need help paying for school meals? See if you qualify for meal assistance. Apply online at [www.schoolcafe.com](http://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](http://norwalk.revtrak.net). If you have not yet registered for account balance information, you may do so at [www.schoolcafe.com](http://www.schoolcafe.com).***

\* Entrée May Contain Pork

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-1% White or Skim White, Chocolate or Strawberry

Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.