

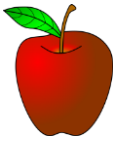


Norwalk Community School District-Gluten Free





AUGUST 2018 ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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WELCOME BACK TO SCHOOL



<p>Prices for the 2018-19 School Year</p> <p>Elementary Breakfast \$1.75</p> <p>Elementary Lunch \$2.60</p> <p>Individual Milk \$0.50</p> 		<p>23</p> <p>GF Chicken Tenders</p> <p>Sweet Potato Fries</p> <p>Romaine Salad</p> <p>Cucumber Slices</p> <p>Mandarin Oranges</p> <p>Fruit Cocktail</p>	<p>24</p> <p>GF Pancakes/Trix Yogurt</p> <p>Hash Brown</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>100% Orange Juice</p> <p>Craisins</p>	
<p>27</p> <p>GF Pepperoni Pizza*</p> <p>Steamed Broccoli</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Pineapple</p> <p>Thickened Strawberries</p>	<p>28</p> <p>GF Chicken Tenders</p> <p>Corn</p> <p>Romaine Salad</p> <p>Red Pepper Strips</p> <p>Fresh Apple Slices</p> <p>Fruit Cocktail</p>	<p>29</p> <p>Hot Dog on GF Bun*</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Zucchini Slices</p> <p>Watermelon </p> <p>Applesauce</p>	<p>30</p> <p>Grilled Chicken Patty on GF Bun</p> <p>Steamed Edamame</p> <p>Romaine Salad</p> <p>Tomato Slices</p> <p>Mandarin Oranges</p> <p>Diced Pears</p>	<p>31</p> <p>GF Pancakes/Sausage Patties*</p> <p>Hash Brown</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>100% Orange Juice</p> <p>Craisins</p>

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. 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.

* 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.