






# Norwalk Community School District-Elementary

NOVEMBER 2018 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="display: flex; justify-content: space-between;"> <span>1</span> <span>2</span> </div> <p style="text-align: center;">NO SCHOOL K-5 ONLY      NO SCHOOL K-12</p> 	
<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">5</div> <b>Grilled Chicken on GF Bun</b>                      Oven Baked Tater Tots                      Baby Carrots                      Chilled Edamame                      Apple Slices                      Fruit Cocktail                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">6</div> <b>GF Hot Ham &amp; Cheese on GF Bun*</b>                      Steamed Broccoli                      Romaine Salad                      Zucchini Slices                      Banana                      Applesauce                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">7</div> <b>Cheese Burger on GF Bun</b>                      Green Beans                      Baby Carrots                      Celery Sticks                      Peaches                      Pineapple Tidbits                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">8</div> <b>Walking Taco/Salsa</b>                      Refried Beans                      Shredded Romaine Lettuce                      Diced Tomatoes                      Mandarin Oranges                      Pears                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">9</div> <b>GF Pancakes/Egg Omelet</b>                      Tri-Tater                      Baby Carrots                      Grape Tomatoes                      100% Fruit Juice                      Dried Fruit                 </div>
<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">12</div> <b>GF Chicken Tenders</b>                      Sweet Potato Fries                      Baby Carrots                      Cucumber Slices                      Mandarin Oranges                      Fruit Cocktail                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">13</div> <b>GF Cheese Pizza</b>                      Edamame                      Romaine Lettuce                      Cherry Tomatoes                      Apple Wedges                      Pineapple                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">14</div> <b>Deli Turkey on GF Bread</b>                      Mashed Potatoes                      Baby Carrots                      Broccoli                      Pears                      Strawberries                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">15</div> <b>Cheese Burger on GF Bun</b>                      Baked Beans                      Romaine Salad                      Tomato Slices                      Dried Fruit                      Peaches                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">16</div> <b>GF Pancakes/Trix Yogurt</b>                      Hash Brown                      Baby Carrots                      Celery Sticks                      100% Orange Juice                      Blueberries                 </div>
<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">19</div> <b>GF Pepperoni Pizza*</b>                      Steamed Broccoli                      Baby Carrots                      Cucumber Slices                      Pineapple                      Thickened Strawberries                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">20</div> <b>Chicken Tenders</b>                      Corn                      Romaine Lettuce                      Red Pepper Strips                      Fresh Apple Slices                      Fruit Cocktail                 </div>	<div style="display: flex; justify-content: space-around; align-items: center;">    </div>		
<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">26</div> <b>GF Grilled Chicken on GF Bun</b>                      Steamed Broccoli                      Baby Carrots                      Cauliflower                      Applesauce                      Fruit Cocktail                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">27</div> <b>Turkey &amp; Gravy/GF Dinner Roll</b>                      Mashed Potatoes                      Romaine Salad                      Broccoli                      Pears                      Orange Wedges                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">28</div> <b>GF Cheese Pizza</b>                      Green Beans                      Baby Carrots                      Garbanzo Beans                      Mandarin Oranges                      Baked Apples                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">29</div> <b>Deli Ham GF Sandwich*</b>                      Steamed Corn                      Romaine Salad                      Zucchini                      Pineapple                      Strawberries                 </div>	<div style="border: 1px solid black; padding: 2px;"> <div style="text-align: right; font-weight: bold; font-size: small;">30</div> <b>Beef &amp; Cheese Nachos</b>                      Refried Beans                      Baby Carrots                      Diced Tomatoes/Salsa                      Apple Slices                      Peaches                 </div>

\* Entrée May Contain Pork

Only Whole Grain Products Are Served

A Variety of Condiments Are Offered Daily

USDA is an equal opportunity provider.

Menu is subject to change without notice.

Cereal & Graham Crackers are 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.