



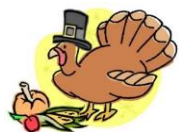


# Norwalk Community School District-Eastview

NOVEMBER 2018 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">1</div> <b>GF Pancakes/Sausage Patties*</b> Hashbrown Mixed Vegetables Chilled Blueberries 100% Juice	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">2</div> NO SCHOOL K-12 
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">5</div> <b>Baked Potato w/Cheese/GF Roll</b> Italian Blend Vegetables Steamed Broccoli Apple Slices Apricots	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">6</div> <b>GF Chicken Tenders/GF Roll</b> Oregon Blend Vegetables Tater Gems Banana Applesauce	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">7</div> <b>GF Pancakes/Egg Omelet</b> Hashbrown Edamame 100% Juice Pineapple Tidbits	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">8</div> <b>Turkey &amp; Gravy/GF Dinner Roll</b> Mashed Potatoes Glazed Carrots Mandarin Oranges Pears	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">9</div> <b>Chicken Fajita Meat/Tortilla Chips</b> Green Beans Baby Carrots Peaches Chilled Blueberries
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">12</div> <b>GF Pepperoni Pizza*</b> Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Cocktail	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">13</div> <b>Pizza Burger on GF Bun</b> Sugar Snap Peas Broccoli Pineapple Apple Wedges	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">14</div> <b>GF Garlic Cheese Bread</b> Italian Blend Vegetables Mixed Vegetables Grapes Strawberries	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">15</div> <b>Beef &amp; Cheese Nachos</b> Oven Baked Tater Gems Ranch Beans Strawberry Applesauce Tropical Fruit Mix	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">16</div> <b>GF Pancakes/Egg Omelet</b> Hash Brown Glazed Carrots Blueberries 100% Fruit Juice
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">19</div> <b>GF Chicken Tenders/GF Roll</b> Green Beans Mashed Potatoes Pineapple Thickened Strawberries	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">20</div> <b>Ham &amp; Cheese on GF Bun</b> Baby Carrots Steamed Broccoli Fruit Choice Applesauce	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">21</div> 	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">22</div> 	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">23</div> 
<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">26</div> <b>GF Grilled Chicken on GF Bun</b> Potato Smiles Mixed Vegetables Peaches Pears	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">27</div> <b>Hamburger on GF Bun</b> Sweet Potato Cross Trax Fiesta Black Beans Apple Wedges Grapes	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">28</div> <b>Hot Dog on GF Bun</b> Green Beans Baby Carrots Peaches Applesauce	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">29</div> <b>GF Cheese Pizza</b> Italian Blend Vegetables Steamed Broccoli Mandarin Oranges Tropical Fruit Mix	<div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">30</div> <b>Bacon Cheese Burger on GF Bun</b> Mashed Potatoes Sweet Potato Fries Side Kick Strawberry Applesauce

\* 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.