





Norwalk Community School District-Elementary



OCTOBER 2018 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GF Chicken Tenders Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	2 GF Cheese Pizza Edamame Romaine Lettuce Cherry Tomatoes Apple Wedges Pineapple	3 Deli Turkey on GF Bread Mashed Potatoes Baby Carrots Broccoli Thickened Strawberries Grapes	4 Cheese Burger on GF Bun Baked Beans Romaine Salad Tomato Slices Strawberry Mango Side Kick Peaches	5 GF Pancakes/Trix Yogurt Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries
8 <i>No School!</i>	9 GF Chicken Tenders Potato Smiles Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	10 Hot Dog on a GF Bun* Baked Beans Baby Carrots Zucchini Slices Banana Applesauce	11 Deli Ham on GF Bread* Corn Romaine Salad Chilled Edamame Mandarin Oranges Baked Cinnamon Apples	12 GF Pancakes/Sausage Patties* Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Chilled Blueberries
 National School Lunch Week October 15-19 				
15 GF Chicken Tenders Green Beans Baby Carrots Cauliflower Applesauce Fruit Cocktail	16 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	17 GF Cheese Pizza Sweet Potato Fries Baby Carrots Zucchini Mandarin Oranges Baked Apples	18 GF Grilled Cheese Sandwich Steamed Corn Romaine Salad Garbanzo Beans Pineapple Strawberries	19 Beef & Cheese Nachos Refried Beans Baby Carrots Salsa/Diced Tomatoes Apple Wedges Peaches
22 Sloppy Joe on GF Bun Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	23 Pulled BBQ Pork on GF Bun* Corn Romaine Salad Broccoli Florettes Strawberry Kiwi Side Kick Fruit Cocktail	24 GF Pepperoni Pizza* Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	25 Beef Taco Meat/Tortilla Chips Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices & Fruit Snack Grapes	26 GF Garlic Cheese Bread Marinara Sauce Baby Carrots Celery Sticks Mandarin Oranges Dried Fruit
29 Sun Butter on GF Bread Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches	30 Hamburger on GF Bun Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	31 GF Chicken Tenders/GF Roll Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples	Meal Prices for 2018-19 Elementary Lunch \$2.60 Milk \$.50 Student Breakfast \$1.75	

* Entrée May Contain Pork

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-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.