







Norwalk Community School District-Eastview



OCTOBER 2018 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GF Chicken Tenders/Dinner Roll Mashed Potatoes Sweet Corn Mandarin Oranges Fruit Cocktail	2 GF Hamburger on Bun Sugar Snap Peas Steamed Broccoli Apple Wedges Pineapple	3 GF Pepperoni Pizza* Crosstrax Sweet Potato Fries Peas Strawberry Applesauce Peaches	4 Beef & Cheese Nachos Ranch Beans Tater Gems Strawberry Mango Side Kick Fruit Cocktail	5 GF Pancakes/Egg Omelet Hash Brown Glazed Carrots 100% Fruit Juice Blueberries
8 <i>No School!</i>	9 GF Chicken Tenders Mashed Potatoes Green Beans Fresh Apple Slices Fruit Cocktail	10 GF Cheese Pizza Steamed Broccoli Baby Carrots Banana Applesauce	11 Hot Dog on GF Bun* Corn Chilled Edamame Mandarin Oranges Baked Cinnamon Apples	12 Homemade Garlic Cheese Bread Mixed Vegetables Italian Blend Vegetables Strawberries Grapes
 National School Lunch Week October 15-19 				
15 Grilled Cheese on GF Bread Potato Smiles Broccoli Strawberry Applesauce Fruit Cocktail	16 GF Pancakes/Egg Omelet Hash Brown Edamame 100% Juice Cup Pears 	17 GF Grilled Chicken Sandwich Glazed Carrots Steamed Peas Mandarin Oranges Blueberries	18 Cheeseburger on GF Bun Green Beans Sweet Potato Fries Pineapple Strawberries 	19 Queso & Chips Baked Beans Corn Fruity Side Kick Peach Cup
22 Cheese Burger on GF Bun Tater Tots Steamed Broccoli Diced Pears Thickened Strawberries	23 Chicken Fajita Strips/Tortilla Chips Crosstrax Sweet Potato Fries Fiesta Black Beans Banana Pineapple	24 Hot Dog on GF Bun* Green Beans Romaine Salad Peaches Applesauce	25 Grilled Chicken on GF Bun Italian Blend Vegetables Steamed Broccoli Apple Slices Grapes	26 GF Bacon Cheese Burger California Blend Vegetables Mashed Potatoes Mandarin Oranges Dried Fruit
29 Sloppy Joe on GF Bun Steamed Corn Edamame Diced Pears Peaches	30 Hamburger on GF Bun Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries	31 Walking Taco Ranch Beans Oven Baked Fries Orange Wedges Baked Apples		

* 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.