



# Norwalk Community School District-Eastview

JANUARY 2019 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2	3 <b>Hot Dog on GF Bun*</b> Corn Edamame Mandarin Oranges Fruit Cocktail	4 <b>Beef Taco Meat/Tortilla Chips</b> Peas Refried Beans Strawberries Peaches
7 <b>GF Chicken Tenders/Roll</b> Potato Smiles Broccoli Strawberry Applesauce Fruit Cocktail	8 <b>GF Pancakes/Egg &amp; Cheese Omelet</b> Hash Brown Edamame 100% Fruit Juice Pears	9 <b>Grilled Chicken on a GF Bun*</b> Glazed Carrots Steamed Peas Mandarin Oranges Blueberries	10 <b>Homemade GF Grilled Cheese</b> Green Beans Sweet Potato Fries Pineapple Strawberries	11 <b>Queso Cheese &amp; Tortilla Chips</b> Baked Beans Corn Side Kick Fruit Slushy Mixed Berry Fruit Cup
14 <b>Cheese Burger on GF Bun</b> Tater Tots Steamed Broccoli Strawberries Pears	15 <b>GF Chicken Tenders/GF Roll</b> Fiesta Black Beans Broccoli Pineapple Apple Wedges	16 <b>Chicken Fajitas/Tortilla Chips</b> Green Beans Baby Carrots Peaches Applesauce	17 <b>GF Cheese Pizza</b> Italian Blend Vegetables Steamed Broccoli Apple Slices Grapes	18 <b>GF Hot Ham &amp; Cheese Sandwich</b> Mashed Potatoes California Blend Vegetables Mandarin Oranges Dried Fruit
21 <b>No School!</b> 	22 <b>GF Pepperoni Pizza*</b> Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries	23 <b>Walking Taco</b> Ranch Beans Oven Baked Fries Orange Wedges Baked Apples	24 <b>GF Pancakes/Sausage Patties*</b> Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice	25 <b>Gf Grilled Cheese Sandwich</b> Glazed Carrots Italian Blend Vegetables Mandarin Oranges Applesauce
28 <b>Baked Potato with Cheese/GF Roll</b> Steamed Peas Broccoli Apple Slices Apricots	29 <b>Frito Chili Pie/Dinner Roll</b> Green Beans Tater Gems Applesauce Banana	30 <b>GF Pancakes/Cheese Omelet</b> Hash Brown Edamame Pineapple 100% Juice	31 <b>Turkey &amp; Gravy/GF Dinner Roll</b> Mashed Potatoes Glazed Carrots Pears Mandarin Oranges	

\* 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.

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.