



Norwalk Community School District-Elementary

JANUARY 2019 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2	3 GF Chicken Tenders Sweet Potato Fries Romaine Salad Cucumber Slices Mandarin Oranges Fruit Cocktail	4 Sun Butter Sandwich Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries
7 GF Pepperoni Pizza* Steamed Broccoli Baby Carrots Cucumber Slices Pineapple Thickened Strawberries	8 GF Chicken Tenders Corn Romaine Salad Red Pepper Strips Fresh Apple Slices Fruit Cocktail	9 Hot Dog on a GF Bun* Baked Beans Baby Carrots Zucchini Slices Watermelon Applesauce	10 Grilled Chicken Patty on a GF Bun Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	11 GF Pancakes/Sausage Patties* Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Craisins
14 Grilled Chicken Tenders Green Beans Baby Carrots Cauliflower Applesauce Fruit Cocktail	15 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	16 GF Cheese Pizza Sweet Potato Fries Baby Carrots Zucchini Mandarin Oranges Baked Apples	17 GF Grilled Cheese Sandwich Steamed Corn Romaine Salad Garbanzo Beans Pineapple Strawberries	18 Beef & Cheese Nachos Refried Beans Baby Carrots Salsa/Diced Tomatoes Apple Wedges Peaches
21 No School! 	22 Sloppy Joe on a GF Bun Oven Baked French Fries Romaine Salad Chilled Edamame Diced Pears Thickened Strawberries	23 GF Pepperoni Pizza* Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	24 Beef Taco Meat/Tortilla Chips Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices Grapes	25 Homemade GF Cheese Bread Marinara Sauce Baby Carrots Celery Sticks Mandarin Oranges Dried Fruit
28 GF Cheese Pizza Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches	29 Diced Ham*/GF Dinner Roll Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	30 GF Chicken Tenders/GF Roll Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples	31 Homemade GF Grilled Cheese Green Beans Romaine Salad Red Pepper Strips Applesauce 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.