



Norwalk Community School District-Elementary



FEBRUARY 2019 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 GF Pancakes/Trix Yogurt Hash Brown Baby Carrots Celery Sticks w/Hummus Cup 100% Orange Juice Blueberries
4 GF Chicken Tenders/GF Roll Oven Baked Tater Tots Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail	5 Hot Ham & Cheese on GF Bread Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce	6 GF Sun Butter Sandwich Steamed Peas Baby Carrots Celery Sticks w/ Hummus Peaches Pineapple Tidbits	7 Walking Taco/Salsa Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears	8 GF Pancakes/Sausage Patties* Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Dried Fruit
11 GF Chicken Tenders Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	12 GF Cheese Pizza Edamame Romaine Lettuce Cherry Tomatoes Apple Wedges Pineapple	13 Grilled Chicken on GF Bun Mashed Potatoes Baby Carrots Broccoli Pears Strawberries	14 Cheese Burger on GF Bun Baked Beans Romaine Salad Tomato Slices Dried Fruit Peaches	15 GF Pancakes/Egg Omelet Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries
18 GF Pepperoni Pizza* Steamed Broccoli Baby Carrots Cucumber Slices Apricots & Fruit Snack Thickened Strawberries	19 GF Chicken Tenders Corn Romaine Lettuce Red Pepper Strips Banana Fruit Cocktail	20 Hot Dog on a GF Bun* Baked Beans Baby Carrots Zucchini Slices Apple Wedges Mandarin Oranges	21 No School K-12 22 No School K-12	
25 Grilled Chicken on GF Bun Steamed Broccoli Baby Carrots Cauliflower Applesauce Fruit Cocktail	26 Turkey & Gravy/GF Dinner Roll Mashed Potatoes Romaine Salad Broccoli Pears Fresh Fruit	27 GF Cheese Pizza Green Beans Baby Carrots Garbanzo Beans Mandarin Oranges Baked Apples	28 Grilled Cheese on GF Bread French Fries Romaine Salad Red Pepper Strips Pineapple Strawberries	

* 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.