




# Norwalk Community School District-Elementary



APRIL 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>GF Chicken Tenders</b> Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>2</b> <b>GF Cheese Pizza</b> Edamame Romaine Lettuce Cherry Tomatoes Apple Wedges Pineapple	<b>3</b> <b>GF Deli Turkey Sandwich</b> Mashed Potatoes Baby Carrots Broccoli Pears Strawberries	<b>4</b> <b>Cheese Burger on GF Bun</b> Baked Beans Romaine Salad Tomato Slices Applesauce Peaches	<b>5</b> <b>GF Pancakes/Trix Yogurt</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries
<b>8</b> <b>GF Pepperoni Pizza</b> Steamed Broccoli Baby Carrots Cucumber Slices Pineapple Thickened Strawberries	<b>9</b> <b>GF Chicken Tenders</b> Corn Romaine Salad Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>10</b> <b>Hot Dog on a GF Bun*</b> Baked Beans Baby Carrots Zucchini Slices Peaches Applesauce	<b>11</b> <b>Grilled Chicken on GF Bun</b> Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	<b>12</b> <b>GF Pancakes/Egg Omelet</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Craisins
<b>15</b> <b>GF Chicken Tenders</b> Green Beans Baby Carrots Cauliflower Applesauce Fruit Cocktail	<b>16</b> <b>Turkey &amp; Gravy/GF Roll</b> Mashed Potatoes Romaine Salad Broccoli Pears Orange Wedges	<b>17</b> <b>GF Cheese Pizza</b> Sweet Potato Fries Baby Carrots Zucchini Mandarin Oranges Baked Apples	<b>18</b> <b>Beef &amp; Cheese Nachos</b> Refried Beans Romaine Salad Salsa/Diced Tomatoes Pineapple Strawberries	<b>19</b> <b>GF Grilled Cheese Sandwich</b> Steamed Corn Baby Carrots Chilled Edamame Apple Wedges Peaches
<b>22</b> <b>Sloppy Joe on a GF Bun</b> Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	<b>23</b> <b>Deli Turkey Sandwich on GF Bread</b> Baked Beans Romaine Salad Cucumber Slices Apple Wedges Grapes	<b>24</b> <b>GF Pepperoni Pizza*</b> Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	<b>25</b> <b>Hot Ham &amp; Cheese on GF Bun</b> Corn Romaine Salad Broccoli Florettes Strawberry Kiwi Side Kick Fruit Cocktail	<b>26</b> <b>Homemade Garlic Cheese Bread</b> Green Beans Baby Carrots Celery Sticks with Hummus Mandarin Oranges Dried Fruit
<b>29</b> <b>GF Cheese Pizza</b> Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches	<b>30</b> <b>GF Ham Sandwich</b> Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	 <p><b>SEAL the deal and eat a healthy school breakfast beginning at 7:30 each morning!</b></p>		

\* 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.