

# Norwalk Community School District-Elementary

MAY 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>GF Chicken Tenders/GF Roll</b> Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples	<b>2</b> <b>GF Deli Ham Sandwich*</b> Green Beans Romaine Salad Red Pepper Strips Applesauce Mandarin Oranges	<b>3</b> <b>Homemade Garlic Cheese Bread</b> Hash Brown Baby Carrots Celery Sticks w/Hummus Cup 100% Orange Juice Blueberries
<b>6</b> <b>Homemade GF Grilled Cheese</b> Oven Baked Tater Tots Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail	<b>7</b> <b>GF Chicken Tenders</b> Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce	<b>8</b> <b>GF Sun Butter Sandwich</b> Steamed Peas Baby Carrots Celery Sticks w/ Hummus Peaches Pineapple Tidbits	<b>9</b> <b>Walking Taco/Salsa</b> Refried Beans Shredded Romaine Lettuce Diced Tomatoes Watermelon Pears	<b>10</b> <b>GF Pancakes/Sausage Patties*</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Dried Fruit
<b>13</b> <b>GF Chicken Tenders</b> <b>Cheese Slices/Dinner Roll</b> Sweet Potato Fries Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	<b>14</b> <b>GF Cheese Pizza</b> <b>Diced Turkey/Dinner Roll</b> Edamame Romaine Lettuce Cherry Tomatoes Apple Wedges Pineapple	<b>15</b> <b>Turkey &amp; Gravy/GF Roll</b> <b>Deli Ham Sandwich*</b> Mashed Potatoes Baby Carrots Broccoli Pears Strawberries	<b>16</b> <b>Cheese Burger on GF Bun</b> <b>Deli Turkey Sandwich</b> Baked Beans Romaine Salad Tomato Slices Dried Fruit Peaches	<b>17</b> <b>GF Pancakes/Egg Omelet</b> <b>Sun Butter Sandwich</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Blueberries
<b>20</b> <b>GF Cheese Pizza</b> <b>Deli Turkey Sandwich</b> Steamed Broccoli Baby Carrots Cucumber Slices Apricots Thickened Strawberries	<b>21</b> <b>GF Chicken Tenders</b> <b>Diced Ham*/Dinner Roll</b> Corn Romaine Lettuce Red Pepper Strips Banana Fruit Cocktail	<b>22</b> <b>Hot Dog on a GF Bun*</b> <b>Cheese Sandwich</b> Baked Beans Baby Carrots Zucchini Slices Apple Wedges Mandarin Oranges	<b>23</b> <b>Grilled Chicken Patty on a GF Bun</b> <b>Deli Ham Sandwich*</b> Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Diced Pears	<b>24</b> <b>GF Pancakes/Egg Omelet</b> <b>Deli Turkey Sandwich</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Craisins
<b>27</b> MEMORIAL DAY 	<b>28</b> <b>GF Chicken Tenders</b> Steamed Broccoli Baby Carrots Cold Veggie Choice Applesauce Fruit Cocktail	<b>29</b> <b>GF Cheese Pizza</b> Green Beans Baby Carrots Garbanzo Beans Mandarin Oranges Baked Apples	<b>30</b> <b>Homemade GF Grilled Cheese</b> French Fries Romaine Salad Red Pepper Strips Pineapple Strawberries	<b>31</b> <b>Deli Turkey on GF Bun</b> Hash Brown Baby Carrots Celery Sticks 100% Orange Juice Fruit Choice

\* 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.