

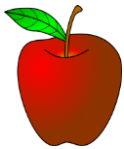


Norwalk Community School District-Eastview

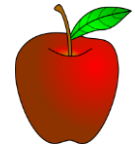


AUGUST 2019 GLUTEN-FREE LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

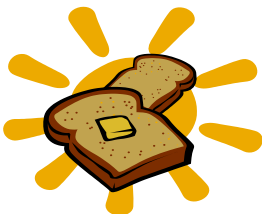


WELCOME BACK TO SCHOOL



| | | | | |
|---|--------|--|--|------------------------------|
| Prices for the 2019-20 School Year | | | | 23 |
| Secondary Breakfast | \$1.85 | | | GF Pancakes/Egg Omelet |
| Secondary Lunch | \$2.80 | | | Hash Brown |
| Individual Milk | \$0.50 | | | Glazed Carrots |
| | | | | Blueberries |
| | | | | 100% Juice |
| | | | | Fresh Fruit & Veggie Choices |

| | | | | |
|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 26 | 27 | 28 | 29 | 30 |
| GF Chicken Tenders/GF Roll | Cheese Burger on GF Bun | GF Cheese Pizza | Hot Dog on GF Bun | Homemade Garlic Cheese Bread |
| Mashed Potatoes | Steamed Peas | Baby Carrots | Refried Beans | Crosstrax Sweet Potato Fries |
| Green Beans | California Blend Vegetables | Steamed Cauliflower | Steamed Broccoli | Seasoned Corn |
| Pineapple | Fresh Apple Slices | Applesauce | Pears | Baked Spiced Apples |
| Thickened Strawberries | Fruit Cocktail | Watermelon | Mandarin Oranges | Peaches |
| Fresh Fruit & Veggie Choices | Fresh Fruit & Veggie Choices | Fresh Fruit & Veggie Choices | Fresh Fruit & Veggie Choices | Fresh Fruit & Veggie Choices |



Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.

Need help paying for school meals? See if you qualify for meal assistance. Apply online at www.schoolcafe.com. If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at norwalk.revtrak.net. If you have not yet registered for account balance information, you may do so at www.schoolcafe.com.

* 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.

Gluten-Free 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.