





# Norwalk Community School District-Eastview



OCTOBER 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Hamburger on GF Bun</b> Sugar Snap Peas Corn Pineapple Thickened Strawberries Assorted Fresh Fruit	<b>2</b> <b>GF Chicken Tenders</b> Ranch Beans Oven Baked Potato Wedges Apricots Fruit Cocktail Assorted Fresh Fruit	<b>3</b> <b>Beef &amp; Cheese Nachos</b> Sweet Potato Fries Steamed Peas Mandarin Oranges Strawberry Applesauce Assorted Fresh Fruit	<b>4</b> <b>BBQ Beef on GF Bun</b> Hash Brown Glazed Carrots Blueberries 100% Fruit Juice Assorted Fresh Fruit
<b>7</b> <b>GF Chicken Tenders/GF Roll</b> Mashed Potatoes Green Beans Applesauce Peaches Assorted Fresh Fruit	<b>8</b> <b>GF Cheese Burger</b> Steamed Peas California Blend Vegetables Fruit Cocktail Fresh Apple Slices Assorted Fresh Fruit	<b>9</b> <b>GF Cheese Pizza</b> Cauliflower Baby Carrots Thickened Strawberries Pears Assorted Fresh Fruit	<b>10</b> <b>GF Hot Dog on a Bun</b> Refried Beans Steamed Broccoli Pineapple Mandarin Oranges Assorted Fresh Fruit	<b>11</b> <b>GF Grilled Chicken on a Bun</b> Sweet Potato Fries Corn Baked Apples Dried Fruit Assorted Fresh Fruit
<b>National School Lunch Week October 14-18</b>				
<b>14</b> 	<b>15</b> <b>GF Chicken Tenders</b> Glazed Carrots Steamed Peas Assorted Fresh Fruit Applesauce Peaches	<b>16</b> <b>Pulled BBQ Pork on GF Bun</b> Edamame Hash Brown Strawberries Banana Assorted Fresh Fruit	<b>17</b> <b>GF Pepperoni Pizza*</b> Green Beans Sweet Potato Fries Assorted Fresh Fruit Mandarin Oranges Fruit Cocktail	<b>18</b> <b>Queso &amp; Tortilla Chips</b> Baked Beans Baby Carrots Apricots Strawberry Applesauce Assorted Fresh Fruit
<b>21</b> <b>Chicken Fajita/Tortilla Chips</b> Oven Baked French Fries Mixed Vegetables Peaches Thickened Strawberries Assorted Fresh Fruit	<b>22</b> <b>Beef &amp; Cheese/Tortilla Chips</b> Green Beans Fiesta Black Bean Orange Wedges Pears Assorted Fresh Fruit	<b>23</b> <b>Hot Dog on GF Bun*</b> Sweet Potato Fries Corn Applesauce Apricots Assorted Fresh Fruit	<b>24</b> <b>Homemade Garlic Cheese Bread</b> Italian Blend Vegetables Steamed Broccoli Mandarin Oranges Pineapple Assorted Fresh Fruit	<b>25</b> <b>Bacon Cheese Burger on GF Bun</b> California Blend Vegetables Mashed Potatoes Dried Fruit 100% Fruit Juice Assorted Fresh Fruit
<b>28</b> <b>Sloppy Joe on a GF Bun</b> Steamed Corn Edamame Strawberries Diced Pears Assorted Fresh Fruit	<b>29</b> <b>Chicken Fajita Meat/Tortilla Chips</b> Steamed Broccoli Sweet Potato Fries Fruit Cocktail Mandarin Oranges Assorted Fresh Fruit	<b>30</b> <b>GF Pepperoni Pizza*</b> Glazed Carrots Potato Wedges Applesauce Peaches Assorted Fresh Fruit	<b>31</b> <b>GF Pancakes/Sausage Patties*</b> Hash Brown Mixed Vegetables Orange Cream Side Kick Apple Slices Assorted Fresh Fruit	<b>Meal Prices for 2019-20</b> Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.85

\* 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

All meals include side choices & carton of milk.