





# Norwalk Community School District-Elementary



OCTOBER 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Homemade GF Garlic Cheese Bread</b> Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries	<b>2</b> <b>GF Chicken Tenders</b> Mashed Potatoes Baby Carrots Broccoli Fruit Cocktail Grapes	<b>3</b> <b>Cheese Burger on GF Bun</b> Baked Beans Romaine Salad Tomato Slices Mandarin Oranges Applesauce	<b>4</b> <b>GF Pancakes/Trix Yogurt</b> Hash Brown Baby Carrots Celery Sticks & Hummus 100% Fruit Juice Blueberries
<b>7</b> <b>GF Pepperoni Pizza*</b> Corn Baby Carrots Chilled Edamame Applesauce Peaches	<b>8</b> <b>Grilled Chicken on GF Bun</b> Green Beans Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail	<b>9</b> <b>Hot Dog on a GF Bun*</b> Baked Beans Baby Carrots Zucchini Slices Pears Thickened Strawberries	<b>10</b> <b>Homemade GF Grilled Cheese</b> Steamed Peas Romaine Salad Cucumber Slices Mandarin Oranges Pineapple	<b>11</b> <b>GF Pancakes/Sausage Patties</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Blueberries
<b>National School Lunch Week October 14-18</b>				
<b>14</b> 	<b>15</b> <b>GF Chicken Tenders</b> Potato Smiles Romaine Salad Broccoli Florettes Applesauce Peaches	<b>16</b> <b>Beef &amp; Cheese Nachos</b> Refried Beans Baby Carrots Salsa/Diced Tomatoes Banana Thickened Strawberries	<b>17</b> <b>Grilled Chicken on GF Bun</b> Steamed Peas Romaine Salad Tomato Slices Mandarin Oranges Fruit Cocktail	<b>18</b> <b>GF Hot Ham &amp; Cheese on Bun</b> Tater Gems Baby Carrots Grape Tomatoes Baked Apples Craisins
<b>21</b> <b>Hamburger on a GF Bun</b> Ranch Beans Baby Carrots Fresh Veggie Choice Peaches Strawberries	<b>22</b> <b>Chicken Fajita Meat/Tortilla Chips</b> Steamed Broccoli Romaine Salad Pepper Strips Pears Orange Wedges	<b>23</b> <b>GF Cheese Pizza</b> Sweet Potato Fries Baby Carrots Chilled Edamame Apricots Applesauce	<b>24</b> <b>GF Chicken Tenders/GF Roll</b> Steamed Corn Romaine Salad Cucumber Slices Pineapple Mandarin Oranges	<b>25</b> <b>GF Pancakes/Egg Omelet</b> Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Blueberries
<b>28</b> <b>Sloppy Joe on a GF Bun</b> Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	<b>29</b> <b>Cheese Burger on GF Bun</b> Glazed Carrots Romaine Salad Broccoli Florettes Mandarin Oranges Fruit Cocktail	<b>30</b> <b>GF Pepperoni Pizza*</b> Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Applesauce	<b>31</b> <b>Beef Taco/Tortilla Chips</b> Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices Orange Cream Side Kick	<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

Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.