


Norwalk Community School District-Elementary

DECEMBER 2019 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Popcorn Chicken Potato Smiles Baby Carrots Broccoli Florettes Applesauce Peaches	3 Grilled Chicken on GF Bun Mashed Potatoes Romaine Lettuce Cucumber Slices Mandarin Oranges Apple Slices	4 GF Cheese Pizza Sweet Potato Fries Baby Carrots Chilled Edamame Baked Apples Pineapple	5 GF Chicken Tenders/Dinner Roll Corn Romaine Salad Sliced Tomatoes Pears Orange Wedges	6 Beef & Cheese Nachos Fiesta Black Beans Baby Carrots Salsa/Diced Tomatoes Thickened Strawberries Fruit Cocktail	
9 Hamburger on GF Bun Ranch Beans Baby Carrots Fresh Veggie Choice Peaches/ & BB Lemon Cookies Strawberries	10 Homemade Grilled Cheese on GF Bread Steamed Broccoli Romaine Salad Pepper Strips Pears Orange Wedges	11 GF Cheese Pizza Sweet Potato Fries Baby Carrots Chilled Edamame Apricots Applesauce	12 GF Chicken Tenders/Dinner Roll Steamed Corn Romaine Salad Cucumber Slices Pineapple Mandarin Oranges	13 GF Pancakes/Egg Omelet Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Blueberries	
16 Sloppy Joe on GF Bun Oven Baked French Fries Baby Carrots Chilled Edamame Diced Pears Thickened Strawberries	17 GF Deli Turkey Sandwich Glazed Carrots Romaine Salad Broccoli Florettes Mandarin Oranges Fruit Cocktail	18 GF Pepperoni Pizza* Steamed Broccoli Baby Carrots Green Pepper Strips Peaches Apple Slices	19 Beef Taco Meat/Tortilla Chips Ranch Beans Shredded Romaine Lettuce/Cheese Cucumber Slices Apple Slices Pineapple	20 GF Deli Ham Sandwich* Green Beans Baby Carrots Vegetable Choice Fruit Choice Applesauce Cup	
Winter Break Dec. 21-Jan. 3					Meal Prices for 2019-2020 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. Each meal comes with a carton of milk - 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.