


Norwalk Community School District-Eastview

DECEMBER 2019 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Grilled Chicken on GF Bun Mashed Potatoes Corn Pears Strawberries	3 Beef & Cheese Tots/GF Dinner Roll Sweet Potato Fries Fiesta Black Beans Fruit Cocktail Apple Slices	4 Hot Dog on GF Bun* Green Beans Oven Baked Fries Peaches Applesauce	5 Homemade GF Garlic Cheese Bread Italian Blend Vegetables Steamed Broccoli Pineapple Orange Wedges	6 GF Bacon* Cheese Burger California Blend Vegetables Mashed Potatoes Mandarin Oranges Dried Fruit
9 Sloppy Joe on GF Bun Steamed Corn Edamame Pears Peach Applesauce Cup	10 GF Pepperoni Pizza* Steamed Broccoli Sweet Potato Fries Pineapple Thickened Strawberries	11 GF Hot Ham* & Cheese Sandwich Glazed Carrots Potato Wedges Baked Apples Orange Wedges	12 GF Pancakes/Sausage Patties* Hash Brown Mixed Vegetables Chilled Blueberries 100% Juice	13 Walking Taco Refried Beans Italian Blend Vegetables Applesauce Cup Mandarin Oranges
16 Philly Chicken on GF Bun Steamed Broccoli Corn on the Cob Apple Slices Fruit Cocktail	17 Frito Chili Pie/GF Dinner Roll Italian Blend Vegetables Tater Gems Applesauce Banana	18 GF Pancakes/Egg Omelet Hash Brown Edamame 100% Juice Pineapple	19 Homemade GF Grilled Cheese Vegetable Choice Glazed Carrots Diced Pears Mandarin Oranges	20 Chicken Fajita Meat/Tortilla Chips Green Beans Oven Baked Fries Fruit Choice Peaches
Winter Break Dec. 21-Jan. 3				
<p>* 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.</p> <p>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</p> <p>Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.</p>				