







Norwalk Community School District-Elementary

NOVEMBER 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meal Prices for 2019-2020</p> <p>Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.85</p>	 <p>Breakfast is offered each day before school. Join us each morning beginning at 7:30. We hope to see you there!</p>			<p>1</p> <p>GF Grilled Cheese Sandwich Sweet Corn Baby Carrots Celery Sticks Pineapple Orange Wedges</p>
<p>4</p> <p>GF Cheese Pizza Steamed Peas Baby Carrots Fresh Veggie Medley Diced Pears Peach Applesauce Cup</p>	<p>5</p> <p>GF Chicken Tenders Steamed Broccoli Romaine Salad Chilled Edamame Thickened Strawberries Pineapple</p>	<p>6</p> <p>Hamburger on GF Bun Baked Beans Baby Carrots Red Pepper Strips Mandarin Oranges Fruit Cocktail</p>	<p>7</p> <p><i>No School K-5 ONLY</i></p> 	<p>8</p> <p><i>No School K-12</i></p>
<p>11</p> <p>GF Grilled Chicken Sandwich Oven Baked Tater Tots Baby Carrots Chilled Edamame  Apple Slices Diced Peaches</p>	<p>12</p> <p>Deli Ham on GF Bread Slices Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce</p>	<p>13</p> <p>Homemade Garlic Cheese Bread Green Beans Baby Carrots Celery Sticks Peaches Pineapple Tidbits</p>	<p>14</p> <p>Walking Taco/Salsa Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears</p>	<p>15</p> <p>GF Pancakes/Sausage Patties* Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Dried Fruit</p>
<p>18</p> <p>GF Cheese Pizza Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches</p>	<p>19</p> <p>Chicken Fajita Meat/Tortilla Chips Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries</p>	<p>20</p> <p>GF Chicken Tenders/GF Dinner Roll Mashed Potatoes Baby Carrots Broccoli Fruit Cocktail Grapes</p>	<p>21</p> <p>Cheese Burger on GF Bun Baked Beans Romaine Salad Tomato Slices Mandarin Oranges Applesauce</p>	<p>22</p> <p>GF Pancakes/Trix Yogurt Hash Brown Baby Carrots Celery Sticks & Hummus 100% Fruit Juice Blueberries</p>
<p>25</p> <p>GF Pepperoni Pizza* Corn Baby Carrots Chilled Edamame Applesauce Peaches</p>	<p>26</p> <p>GF Chicken Tenders Green Beans Romaine Lettuce Fresh Veggie Medley Fresh Apple Slices Fruit Cocktail</p>	<p>27</p> 	<p>28</p> 	<p>29</p> 
<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 Students may choose a hot entrée, cold entrée or yogurt & string cheese option daily. All meals include side choices & carton of milk.</p>				