





# Norwalk Community School District-Eastview

## NOVEMBER 2019 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <p><b>Breakfast is offered each day before school. Join us each morning beginning at 7:30. We hope to see you there!</b></p>			<b>1</b> <b>Walking Taco</b> Refried Beans Italian Blend Vegetables Applesauce Mandarin Oranges
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Philly Chicken on GF Bun</b> Steamed Broccoli Corn on the Cob Apple Slices Fruit Cocktail	<b>Frito Chili Pie with GF Dinner Roll</b> Oregon Blend Vegetables Tater Gems Applesauce Banana	<b>GF Pancakes/Egg Omelet</b> Hash Brown Edamame 100% Fruit Juice Pineapple Tidbits	<b>Homemade GF Grilled Cheese</b> Mashed Potatoes Glazed Carrots Mandarin Oranges Pears	<i>No School K-12</i>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>GF Grilled Chicken Sandwich</b> Broccoli Steamed Peas Pears Apricots	<b>Pizza Burger on GF Bun</b> Sugar Snap Peas Baked Beans Thickened Strawberries Pineapple	<b>GF Hot Dog on a Bun</b> Ranch Beans Oven Baked Potato Wedges Apricots Fruit Cocktail	<b>GF Pepperoni Pizza</b> Sweet Potato Fries Steamed Peas Strawberry Applesauce Mandarin Oranges	<b>GF Pancakes/Egg Omelet</b> Tri-Tater Glazed Carrots Blueberries 100% Juice
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>GF Chicken Tenders/GF Roll</b> Mashed Potatoes Green Beans Peaches Applesauce	<b>GF Cheese Burger</b> Steamed Peas California Blend Vegetables Apple Slices Fruit Cocktail	<b>GF Hot Dog on a Bun</b> Baby Carrots Steamed Cauliflower Thickened Strawberries Pears	<b>Beef Taco Meat/Tortilla Chips</b> Refried Beans Steamed Broccoli Mandarin Oranges Pineapple	<b>GF Hamburger on a Bun</b> Sweet Potato Fries Seasoned Corn Baked Spiced Apples Dried Fruit
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Pulled BBQ Pork on GF Bun</b> Hash Brown Edamame Strawberries Banana	<b>GF Chicken Tenders/Dinner Roll</b> Green Beans Sweet Potato Fries Mandarin Oranges Fruit Cocktail			
<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 &amp; string cheese option daily. All meals include side choices &amp; carton of milk.</p>				