





Norwalk Community School District-Elementary



FEBRUARY 2020 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GF Chicken Tenders/GF Roll French Fries Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail	4 Diced Ham*/Dinner Roll Steamed Broccoli Romaine Salad Zucchini Slices Fresh Fruit Choice Applesauce	5 Hot Ham & Cheese of GF Bun Steamed Peas Baby Carrots Celery Sticks Peaches Pineapple Tidbits	6 Chicken Fajita w/Tortilla Chips Ranch Beans Shredded Romaine Lettuce Diced Tomatoes/Cheese Fruity Side Kick Apple Wedges	7 Homemade GF Garlic Cheese Bread Steamed Corn Baby Carrots Cherry Tomatoes Mandarin Oranges Craisins
10 GF Deli Turkey Sandwich Oven Baked Tater Tots Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail	11 GF Cheese Burger Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce	12 GF Cheese Pizza Mixed Vegetables Baby Carrots Celery Sticks Peaches Pineapple Tidbits	13 Beef & Cheese Nachos/Salsa Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears	14 GF Pancakes/Sausage Patties* Tri-Tater  Baby Carrots Grape Tomatoes Fruity Side Kick Dried Fruit
17 GF Grilled Cheese Sandwich Green Beans  Baby Carrots Cucumber Slices Mandarin Oranges Fruit Cocktail	18 GF Pepperoni Pizza* Edamame Romaine Lettuce Broccoli Apple Wedges Pineapple	19 Hamburger on GF Bun Mashed Potatoes Baby Carrots Chilled Peas Pears Strawberries	20 Grilled Chicken on GF Bun French Fries Romaine Salad Sliced Tomatoes Fresh Fruit Choice Peaches	21 GF Sun Butter Sandwich Baked Beans Baby Carrots Celery Sticks Applesauce Blueberries
24 Hot Dog on a GF Bun* Baked Beans Baby Carrots Cucumber Slices Apricots Thickened Strawberries	25 GF Chicken Tenders Corn Romaine Lettuce Red Pepper Strips Banana Fruit Cocktail	26 Homemade GF Cheese Bread Steamed Broccoli Baby Carrots Chilled Edamame Apple Wedges Mandarin Oranges	27 Walking Taco Ranch Beans Romaine Salad Diced Tomatoes Baked Apples Peaches	28 GF Pancakes/Egg Omelet Hash Brown Baby Carrots Broccoli Florettes 100% Orange Juice Blueberries

* Entrée May Contain Pork
USDA is an equal opportunity provider.

Only Whole Grain Products Are Served

A Variety of Condiments Are Offered Daily
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.