



Norwalk Community School District-Eastview

JANUARY 2020 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Prices for 2019-20 Secondary Lunch \$2.80 Milk \$.50 Student Breakfast \$1.85		1 	2	3
6 GF Chicken Tenders/GF Roll Potato Smiles Broccoli Strawberry Applesauce Apricots	7 GF Pancakes/Egg Omelet Hash Brown Edamame 100% Fruit Juice Pears	8 Grilled Chicken Sandwich Glazed Carrots Steamed Peas Mandarin Oranges Fruit Choice	9 GF Pepperoni Pizza* Green Beans Sweet Potato Fries Pineapple Strawberries	10 Queso & Chips Baked Beans Corn Fruity Side Kick Peaches
13 GF Cheese Pizza Oven Baked Tater Tots Steamed Broccoli Pears Strawberries	14 Hot Ham & Cheese GF Sandwich* Sweet Potato Fries Fiesta Black Beans Apple Wedges Pineapple	15 GF Hot Dog* on a Bun Mixed Vegetables Romaine Salad Peaches Applesauce	16 Homemade GF Garlic Cheese Bread Italian Blend Vegetables Steamed Broccoli Apple Slices Fruit Choice	17 GF Bacon Cheese Burger California Blend Vegetables Mashed Potatoes Mandarin Oranges Dried Fruit
20 NO SCHOOL! 	21 Chicken Fajita/Tortilla Chips Fiesta Black Beans Sweet Potato Fries Pineapple Thickened Strawberries	22 Walking Taco Ranch Beans Oven Baked Fries Baked Apples Orange Wedges	23 GF Pancakes/Sausage Patties* Hash Brown Mixed Vegetables Chilled Blueberries 100% Fruit Juice	24 Cheese Burger on GF Bun Glazed Carrots Italian Blend Vegetables Applesauce Mandarin Oranges
27 Baked Potato w/Cheese/GF Roll Steamed Broccoli Baby Carrots Apple Slices Apricots	28 GF Philly Chicken Sandwich Green Beans Corn Applesauce Banana	29 GF Grilled Cheese Sandwich Hash Brown Edamame 100% Fruit Juice Pineapple Tidbits	30 Homemade GF Garlic Cheese Bread Mashed Potatoes Green Beans Mandarin Oranges Diced Pears	31 GF Grilled Chicken Sandwich Oven Baked Fries Mixed Vegetables Fruit Choice Fruit Side Kick
* 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. 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.				