



# Norwalk Community School District-Gluten-Free

JANUARY 2020 GLUTEN-FREE ELEMENTARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Meal Prices for 2019-20</b></p> <p>Elementary Lunch \$2.70 Milk \$.50 Student Breakfast \$1.85</p>		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">1</div> 	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">2</div>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">3</div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">6</div> <p><b>GF Pepperoni Pizza*</b></p> <p>Steamed Peas Baby Carrots Zucchini Sticks Diced Pears Peaches</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">7</div> <p><b>GF Deli Turkey Sandwich</b></p> <p>Mixed Vegetables Romaine Salad Red Pepper Strips Applesauce Mandarin Oranges</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">8</div> <p><b>GF Chicken Tenders/GF Roll</b></p> <p>Baked Beans Baby Carrots Broccoli Orange Wedges Baked Apples</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">9</div> <p><b>GF Hamburger on Bun</b></p> <p>Steamed Broccoli Romaine Salad Chilled Edamame Pineapple Fruit Side Kick</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">10</div> <p><b>GF Pancakes and Trix Yogurt</b></p> <p>Hash Brown Baby Carrots Fresh Veggie Choice 100% Fruit Juice Blueberries</p> </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">13</div> <p><b>Homemade GF Grilled Cheese</b></p> <p>Oven Baked Tater Tots Baby Carrots Chilled Edamame Apple Slices Fruit Cocktail</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">14</div> <p><b>Hot Ham &amp; Cheese GF Sandwich*</b></p> <p>Steamed Broccoli Romaine Salad Zucchini Slices Banana Applesauce</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">15</div> <p><b>GF Garlic Cheese Bread</b></p> <p>Green Beans Baby Carrots Celery Sticks Peaches Pineapple Tidbits</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">16</div> <p><b>Walking Taco/Salsa</b></p> <p>Refried Beans Shredded Romaine Lettuce Diced Tomatoes Mandarin Oranges Pears</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">17</div> <p><b>GF Pancakes/Egg Omelet</b></p> <p>Tri-Tater Baby Carrots Grape Tomatoes 100% Fruit Juice Dried Fruit</p> </div>
<p><b>NO SCHOOL!</b></p> 	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">21</div> <p><b>Chicken Fajita/Tortilla Chips</b></p> <p>Fiesta Black Beans Romaine Salad Cucumber Slices Pineapple Thickened Strawberries</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">22</div> <p><b>GF Grilled Chicken Sandwich</b></p> <p>Mashed Potatoes Baby Carrots Broccoli Apricots Fresh Fruit Choice</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">23</div> <p><b>Cheese Burger on GF Bun</b></p> <p>Baked Beans Romaine Salad Tomato Slices Mandarin Oranges Applesauce</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">24</div> <p><b>GF Pancakes/Egg Omelet</b></p> <p>Hash Brown Baby Carrots Celery Sticks 100% Fruit Juice Blueberries</p> </div>
<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">27</div> <p><b>GF Cheese Pizza*</b></p> <p>Corn Baby Carrots Chilled Edamame Applesauce Peaches</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">28</div> <p><b>GF Chicken Tenders/Dinner Roll</b></p> <p>Green Beans Romaine Lettuce Red Pepper Strips Fresh Apple Slices Fruit Cocktail</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">29</div> <p><b>Hot Dog on a GF Bun*</b></p> <p>Baked Beans Baby Carrots Zucchini Slices Pears Thickened Strawberries</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">30</div> <p><b>GF Grilled Chicken Sandwich</b></p> <p>Steamed Edamame Romaine Salad Tomato Slices Mandarin Oranges Pineapple</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-bottom: 5px;">31</div> <p><b>GF Deli Turkey Sandwich</b></p> <p>Tater Gems Baby Carrots Celery Sticks Apricots Baked Spiced Apples</p> </div>

\* 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.