

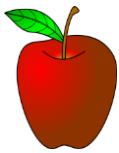


# Norwalk Community School District-Gluten-Free Elementary

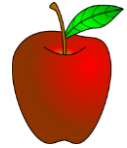


AUGUST 2020 ELEMENTARY GLUTEN FREE LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|



# WELCOME BACK TO SCHOOL!



**Prices for the 2020-21 School Year**

|                      |        |
|----------------------|--------|
| Elementary Breakfast | \$1.85 |
| Elementary Lunch     | \$2.80 |
| Individual Milk      | \$0.50 |



We are so grateful to be serving our students! We missed you all and hope you are as excited as we are! Our Nutrition Staff has always taken your safety seriously. We will continue to follow our local Health Department regulations and follow our Serv-Safe model. Our menus will look a little different at times. Please utilize our Nutri-Slice app for nutrition/allergy information. Oviatt's lunch menu will differ slightly from Orchard Hills and Lakewood.

|   |   |   |   |  |
|---|---|---|---|--|
| <p><b>24</b></p> <p>GF Chicken Tenders</p> <p>Steamed Broccoli</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Thickened Strawberries</p> | <p><b>25</b></p> <p>Hamburger on a GF Bun</p> <p>Corn</p> <p>Romaine Salad</p> <p>Red Pepper Strips</p> <p>Fresh Apple Slices</p> | <p><b>26</b></p> <p>Hot Dog on a GF Bun*</p> <p>Baked Beans</p> <p>Baby Carrots</p> <p>Zucchini Slices</p> <p>Orange Wedges</p> | <p><b>27</b></p> <p>Grilled Chicken Patty on a GF Bun</p> <p>Sweet Potato Fries</p> <p>Romaine Salad</p> <p>Tomato Slices</p> <p>Mandarin Oranges</p> | <p><b>28</b></p> <p>Homemade Garlic Cheese Bread</p> <p>Tater Gems</p> <p>Baby Carrots</p> <p>Celery Sticks</p> <p>Baked Spiced Apples</p> |
|---|---|---|---|--|

|  |  |
|--|--|
| <p><b>31</b></p> <p>GF Cheese Pizza</p> <p>Steamed Peas</p> <p>Baby Carrots</p> <p>Cucumber Slices</p> <p>Fruit Cocktail</p> | <p><b>Breakfast is considered the most important meal of the day. It provides you with energy and nutrients that lead to increased concentration in the classroom. Breakfast is offered each day beginning at 7:30 a.m. in the cafeteria. If your family qualified for free or reduce-priced meal assistance, they also qualify for a breakfast meal each day.</b></p> |
|--|--|

***Need help paying for school meals? See if you qualify for meal assistance. Apply online at [www.schoolcafe.com](http://www.schoolcafe.com). If you have questions about the Nutrition Program, please contact the Nutrition Office at 515-981-9876. Payments for school meals can be sent to school with your child or you may pay online at [norwalk.revtrak.net](http://norwalk.revtrak.net). If you have not yet registered for account balance information, you may do so at [www.schoolcafe.com](http://www.schoolcafe.com).***

\* 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.

Cereal & Graham Crackers are 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 or yogurt & string cheese option daily. All meals include side choices & carton of milk.