



## GLUTEN FREE Norwalk Lunch Menu Grades 6-12 November 2020

	2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
Choose an Entrée: <i>Entrée Selection</i>		<b>GF Chicken Tenders/GF Roll</b>		<b>Cheese Burger on GF Bun</b>		<b>Grilled Chicken on GF Bun</b>		<b>Individual GF Cheese Pizza</b>		<b><i>No School!</i></b>
Side Choices		Baby Carrots Mixed Berry Cup		Vegetable Choice Peaches		Mashed Potatoes Pears		Glazed Carrots Fresh Fruit Selection		
Optional Side:		Banana or Fresh Orange		Applesauce Cup or Banana		Fresh Orange or Apple Slices		Apple Slices		
Choose an Entrée: <i>Entrée Selection</i>	9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
Side Choices		<b>GF Deli Turkey Sandwich</b>		<b>GF Pepperoni Pizza*</b>				<b>GF Pancakes/Omelet</b>		<b>GF Chicken Tenders/GF Roll</b>
Optional Side:		Steamed Broccoli Fruit Choice Banana or Fresh Orange		Baby Carrots Apple Wedges Applesauce Cup or Banana				Hash Browns Pineapple Banana or Orange		Steamed Corn Fruit Choice Craisins
Choose an Entrée: <i>Entrée Selection</i>	16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
Side Choices		<b>Homemade Garlic Cheese Bread</b>		<b>Hot Dog on a GF Bun*</b>		<b>GF Grilled Cheese Sandwich</b>		<b>Hamburger on GF Bun</b>		<b>Queso &amp; Chips</b>
Optional Side:		Fresh Veggie Mix Mandarin Oranges Banana or Fresh Orange		Baked Beans Fresh Fruit Choice Applesauce Cup or Banana		Fresh Veggie Mix Baked Apples Fresh Orange or Apple Slices		Thickened Strawberries Baby Carrots Apple Slices or Fresh Orange		Refried Beans Apple Wedges Banana or Craisins
Choose an Entrée: <i>Entrée Selection</i> <i>Entrée Selection</i>	23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
Side Choices		<b>Hamburger on GF Bun</b> <b>Deli Sandwich</b>		<b>Chicken Fajita/Tortilla Chips</b> <b>Deli Sandwich</b>						
Optional Side:		Vegetable Choice Fresh Fruit Choice Banana or Craisins		Green Beans Pears Applesauce						
Choose an Entrée: <i>Entrée Selection</i>	30	MONDAY								
Side Choices		<b>GF Chicken Tenders/GF Roll</b>								
Optional Side:		Vegetable Choice Fresh Fruit Choice Applesauce								

All breakfast meals include fruit, 100% Juice and Milk. Join us for breakfast before school each morning to help kick-start your learning. Breakfast Menu Offerings Vary Each Day.

\*Entrée May Contain Pork    Whole Grain Products Offered Daily

A Variety of Milk Choices are Offered Daily. Menu is subject to change without notice. USDA is an equal opportunity provider.