


# Norwalk Community School District-Gluten-Free Elementary

OCTOBER 2020 BREAKFAST AND LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast is offered each day before school. Join us each morning beginning at 7:30.</b></p> 			<p>1</p> <p><b>GF Chicken Tenders</b> Mandarin Oranges Baked Apples</p>	<p>2</p> <p><b>Cheese Nachos</b> Baby Carrots Peaches</p>
<p>5</p> <p><b>GF Grilled Chicken Sandwich</b> Pineapple Baby Carrots</p>	<p>6</p> <p><b>GF Pancakes/Cheese Omelet</b> Tritater 100% Fruit Juice</p>	<p>7</p> <p><b>Hot Dog on a GF Bun*</b> Baby Carrots Apple Wedges</p>	<p>8</p> <p><b>GF Chicken Tenders</b> Glazed Carrots Peaches</p>	<p>9</p> <p><b>Homemade Garlic Cheese Bread</b> Fruit Choice Baby Carrots</p>
<p>12</p> <p><b>GF Cheese Pizza</b> Applesauce Baby Carrots</p>	<p>13</p> <p><b>GF Grilled Cheese Sandwich</b> Fresh Veggies/Ranch Mandarin Oranges</p>	<p>14</p> <p style="text-align: center;">No School Today!</p>	<p>15</p> <p><b>GF Chicken Tenders</b> Sweet Potato Fries Fresh Fruit</p>	<p>16</p> <p><b>GF Pepperoni Pizza*</b> Baby Carrots Peaches</p>
<p>19</p> <p><b>GF Grilled Chicken Sandwich</b> Tater Tots Apples Wedges</p>	<p>20</p> <p><b>GF Pancakes/Sausage Patties*</b> Veggie Choice Orange Wedges</p>	<p>21</p> <p><b>Walking Taco</b> Fresh Veggies/Ranch Mandarin Oranges</p>	<p>22</p> <p><b>Chicken Fajita Meat/Tortilla Chips</b> Baby Carrots Pears</p>	<p>23</p> <p><b>GF Pepperoni Pizza*</b> Fruit Cocktail Baby Carrots</p>
<p>26</p> <p><b>GF Chicken Tenders</b> Applesauce Baby Carrots &amp; Cookie</p>	<p>27</p> <p><b>GF Grilled Cheese Sandwich</b> Fresh Veggies/Ranch Orange Wedges</p>	<p>28</p> <p><b>Hot Dog on a GF Bun*</b> Mandarin Oranges Baby Carrots</p>	<p>29</p> <p><b>GF Grilled Chicken Sandwich</b> Celery Sticks Apple Wedges</p>	<p>30</p> <p><b>Homemade Garlic Cheese Bread</b> Steamed Broccoli Pears</p>

\* 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.

Each meal comes with a carton of milk - Skim White or Skim Chocolate

Students may choose a hot entrée, or yogurt & string cheese option daily. All meals include side choices & carton of milk.