










# Norwalk Community School District-Elementary



OCTOBER 2018 GLUTEN-FREE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>GF Chicken Tenders</div> <div>Sweet Potato Fries</div> <div>Baby Carrots</div> <div>Cucumber Slices</div> <div>Mandarin Oranges</div> <div>Fruit Cocktail</div>	<div>2</div> <div>GF Cheese Pizza</div> <div>Edamame</div> <div>Romaine Lettuce</div> <div>Cherry Tomatoes</div> <div>Apple Wedges</div> <div>Pineapple</div>	<div>3</div> <div>Deli Turkey on GF Bread</div> <div>Mashed Potatoes</div> <div>Baby Carrots</div> <div>Broccoli</div> <div>Thickened Strawberries</div> <div>Grapes</div>	<div>4</div> <div>Cheese Burger on GF Bun</div> <div>Baked Beans</div> <div>Romaine Salad</div> <div>Tomato Slices</div> <div>Strawberry Mango Side Kick</div> <div>Peaches</div> <div></div>	<div>5</div> <div>GF Pancakes/Trix Yogurt</div> <div>Hash Brown</div> <div>Baby Carrots</div> <div>Celery Sticks</div> <div>100% Fruit Juice</div> <div>Blueberries</div>
<div>8</div> <div>No School!</div> <div>October 11th is Local Food Day</div> <div>We are showcasing some menu items produced in the fabulous State of Iowa!</div> <div></div>	<div>9</div> <div>GF Chicken Tenders</div> <div>Potato Smiles</div> <div>Romaine Lettuce</div> <div>Red Pepper Strips</div> <div>Fresh Apple Slices</div> <div>Fruit Cocktail</div>	<div>10</div> <div>Hot Dog on a GF Bun*</div> <div>Baked Beans</div> <div>Baby Carrots</div> <div>Zucchini Slices</div> <div>Banana</div> <div>Applesauce</div>	<div>11</div> <div>Deli Ham on GF Bread*</div> <div>Iowa Sweet Corn</div> <div>Romaine Salad</div> <div>Chilled Edamame</div> <div>Mandarin Oranges</div> <div>Iowa Diced Cinnamon Apples</div> <div></div>	<div>12</div> <div>GF Pancakes/Sausage Patties*</div> <div>Tri-Tater</div> <div>Baby Carrots</div> <div>Grape Tomatoes</div> <div>100% Fruit Juice</div> <div>Chilled Blueberries</div>
<div>National School Lunch Week October 15-19</div>				
<div>15</div> <div>GF Chicken Tenders</div> <div>Green Beans</div> <div>Baby Carrots</div> <div>Cauliflower</div> <div>Applesauce</div> <div>Fruit Cocktail</div> <div></div>	<div>16</div> <div>Turkey &amp; Gravy/GF Dinner Roll</div> <div>Mashed Potatoes</div> <div>Romaine Salad</div> <div>Broccoli</div> <div>Pears</div> <div>Orange Wedges</div>	<div>17</div> <div>GF Cheese Pizza</div> <div>Sweet Potato Fries</div> <div>Baby Carrots</div> <div>Zucchini</div> <div>Mandarin Oranges</div> <div>Baked Apples</div>	<div>18</div> <div>GF Grilled Cheese Sandwich</div> <div>Steamed Corn</div> <div>Romaine Salad</div> <div>Garbanzo Beans</div> <div>Pineapple</div> <div>Strawberries</div> <div></div>	<div>19</div> <div>Beef &amp; Cheese Nachos</div> <div>Refried Beans</div> <div>Baby Carrots</div> <div>Salsa/Diced Tomatoes</div> <div>Apple Wedges</div> <div>Peaches</div>
<div>22</div> <div>Sloppy Joe on GF Bun</div> <div>Oven Baked French Fries</div> <div>Baby Carrots</div> <div>Chilled Edamame</div> <div>Diced Pears</div> <div>Thickened Strawberries</div>	<div>23</div> <div>Pulled BBQ Pork on GF Bun*</div> <div>Corn</div> <div>Romaine Salad</div> <div>Broccoli Florettes</div> <div>Strawberry Kiwi Side Kick</div> <div>Fruit Cocktail</div>	<div>24</div> <div>GF Pepperoni Pizza*</div> <div>Steamed Broccoli</div> <div>Baby Carrots</div> <div>Green Pepper Strips</div> <div>Peaches</div> <div>Applesauce</div>	<div>25</div> <div>Beef Taco Meat/Tortilla Chips</div> <div>Ranch Beans</div> <div>Shredded Romaine Lettuce/Cheese</div> <div>Cucumber Slices</div> <div>Apple Slices &amp; Fruit Snack</div> <div>Grapes</div>	<div>26</div> <div>GF Garlic Cheese Bread</div> <div>Marinara Sauce</div> <div>Baby Carrots</div> <div>Celery Sticks</div> <div>Mandarin Oranges</div> <div>Dried Fruit</div>
<div>29</div> <div>Sun Butter on GF Bread</div> <div>Steamed Peas</div> <div>Baby Carrots</div> <div>Zucchini Sticks</div> <div>Diced Pears</div> <div>Peaches</div>	<div>30</div> <div>Hamburger on GF Bun</div> <div>Fiesta Black Beans</div> <div>Romaine Salad</div> <div>Cucumber Slices</div> <div>Pineapple</div> <div>Thickened Strawberries</div>	<div>31</div> <div>GF Chicken Tenders/GF Roll</div> <div>Baked Beans</div> <div>Baby Carrots</div> <div>Broccoli</div> <div>Orange Wedges</div> <div>Baked Apples</div>	<div>Meal Prices for 2018-19</div> <div>Elementary Lunch \$2.60</div> <div>Milk \$.50</div> <div>Student Breakfast \$1.75</div>	
<div><div><div>* Entrée May Contain Pork</div><div>USDA is an equal opportunity provider.</div><div>GF Cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily-1% White or Skim White, Chocolate or Strawberry</div><div>Students may choose a hot entrée, cold entrée or yogurt &amp; string cheese option daily. All meals include side choices &amp; carton of milk.</div></div><div><div>A Variety of Condiments Are Offered Daily</div><div>Menu is subject to change without notice.</div></div></div>				