



Norwalk Community School District-Gluten Free Elementary Menu



OCTOBER 2024 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024</p>	1 GF Cheese Pizza Glazed Carrots Romaine Lettuce/Red Pepper Strips Peaches Cinnamon Applesauce Cup	2 Hamburger on GF Bun Baked Beans Sliced Tomatoes/Baby Carrots Banana Thickened Strawberries	3 Grilled Chicken on GF Bun Steamed Peas Fresh Broccoli/Baby Carrots Pears Watermelon	4 GF Pancakes/Cherry Yogurt Hash Brown Baby Carrots/Edamame 100% Orange Juice Chilled Blueberries
	7 GF Cheese Pizza Steamed Broccoli Baby Carrots/Cauliflower Craisins Mandarin Oranges	8 GF Chicken Tenders Steamed Corn Romaine Lettuce/Red Pepper Strips Fruit Cocktail Applesauce	9 Hot Dog* on GF Bun Baked Beans Zucchini/Baby Carrots Grapes Honey Crisp Apple  #IowaAppleCrunch	10 Grilled Chicken on GF Bun Steamed Edamame Romaine Lettuce/Tomato Slices Thickened Strawberries Peaches
14 Turkey & Gravy/GF Roll Mashed Potatoes Baby Carrots/Broccoli Fresh Apple Slices Pineapple & Mini Rice Krispy Bar	15 GF Chicken Tenders/GF Roll Steamed Broccoli Baby Carrots/Broccoli Florets Mandarin Oranges Craisins	16 GF Grilled Cheese Sandwich Corn Chilled Edamame/Baby Carrots Fruit Cocktail Thickened Strawberries	17 GF Corn Dog* Baked Beans Romaine Lettuce/Zucchini Coins Pears Watermelon	18 Queso Blanco/Tortilla Chips Refried Beans/Salsa Shredded Romaine/Diced Tomatoes Strawberry Applesauce Orange Wedges
21 Deli Turkey on GF Bun Steamed Peas Baby Carrots/Cucumber Slices Chilled Blueberries Applesauce	22 Cheeseburger on GF Bun Steamed Corn Romaine Lettuce/Sliced Tomatoes Fresh Grapes Apricots	23 Walking Taco Refried Beans Shredded Romaine/Diced Tomatoes Apple Slices Fruit Cocktail	24 GF Chicken Tenders on GF Bun Steamed Broccoli Baby Carrots/Chilled Edamame Pears Peaches	25 GF Grilled Cheese Sandwich Oven Baked French Fries Baby Carrots/Cucumber Slices Orange Wedges Cinnamon Applesauce Cup
28 GF Cheeseburger Steamed Broccoli Baby Carrots/Red Pepper Strips Mandarin Oranges Fruit Cocktail	29 GF Cheese Pizza Sweet Potato Fries Chilled Edamame/Romaine Lettuce Watermelon Pears	30 GF Pancakes/Cheese Omelet Hash Brown Baby Carrots/Celery Sticks 100% Apple Juice Chilled Blueberries	31 GF Corn Dog* Baked Beans Romaine Lettuce/Cherry Tomatoes Peaches Orange Cream Sidekick Slushy	
<p>Nutritional information, including common food allergens can be found at norwalkschools.nutrislice.com. Unexpected supply chain issues, may result in sudden menu changes. Nutri-Slice will have the most up to date information and we will do our best to update menu changes there before the start of the school day.</p>				
<p>* Entrée May Contain Pork Whole Grain-Rich 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</p>				