

Norwalk Community School District-Gluten Free Menu Grades 6-12

OCTOBER 2024 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	GF Corn Dog Tater Tots Steamed Peas Watermelon Applesauce Fresh Vegetable Bar Assorted Fresh Fruit	Cheeseburger on GF Bun Green Beans Steamed Broccoli Pears Apricots Fresh Vegetable Bar Assorted Fresh Fruit	GF Pancakes/Cheese Omelet Hash Brown Italian Blend Vegetables 100% Fruit Juice Cup Chilled Blueberries Fresh Vegetable Bar Assorted Fresh Fruit	Beef Taco Meat/Tortilla Chips Refried Beans/Salsa Sweet Potato Fries Fruit Cocktail Cinnamon Applesauce Cup Fresh Vegetable Bar Assorted Fresh Fruit
7	8	9	10	11
Hot Dog* on GF Bun Mashed Potatoes Steamed Edamame Apple Slices Pineapple Fresh Vegetable Bar Assorted Fresh Fruit	Grilled Chicken on GF Bun Steamed Corn Steamed Peas Mandarin Oranges Baked Apples Fresh Vegetable Bar Assorted Fresh Fruit	Walking Taco/Salsa Refried Beans Steamed Broccoli Pears Strawberries Fresh Vegetable Bar Assorted Fresh Fruit	Cheeseburger on GF Bun Baked Beans Italian Blend Vegetables Grapes Peaches Fresh Vegetable Bar Assorted Fresh Fruit	Homemade GF Garlic Cheese Bread Seasoned Potato Wedges Green Beans Fresh Orange Wedges Fruit Cocktail Fresh Vegetable Bar Assorted Fresh Fruit
14	15	16	17	18
GF Corn Dog Sweet Potato Fries Corn Fresh Apple Slices Pineapple Fresh Vegetable Bar Assorted Fresh Fruit	GF Cheese Pizza Steamed Peas Mashed Potatoes Orange Wedges Pears Fresh Vegetable Bar Assorted Fresh Fruit	Queso Blanco/Tortilla Chips Fiesta Black Beans Green Beans Cinnamon Applesauce Apricots Fresh Vegetable Bar Assorted Fresh Fruit	Baked Potato Bar/GF Dinner Roll Steamed Broccoli Glazed Carrots Mandarin Oranges Fruit Cocktail Fresh Vegetable Bar Assorted Fresh Fruit	GF Pancakes/Cheese Omelet Hash Brown Edamame Strawberries Peaches Fresh Vegetable Bar Assorted Fresh Fruit
21	22	23	24	25
GF Cheese Pizza Steamed Broccoli Refried Beans Craisins Applesauce Fresh Vegetable Bar Assorted Fresh Fruit	Cheeseburger on GF Bun Green Beans Mashed Potatoes Fresh Grapes Strawberries Fresh Vegetable Bar Assorted Fresh Fruit	Homemade GF Garlic Cheese Bread Edamame Glazed Carrots Apple Slices Pears Fresh Vegetable Bar Assorted Fresh Fruit	GF Pancakes/Cheese Omelet Hash Brown Italian Blend Vegetables 100% Fruit Juice Cup Chilled Blueberries Fresh Vegetable Bar Assorted Fresh Fruit	GF Chicken Tenders on GF Bun Baby Carrots Steamed Peas Mandarin Oranges Pineapple Fresh Vegetable Bar Assorted Fresh Fruit
28	29	30	31	
Chicken Fajita Meat/Tortilla Chips Baked Beans Steamed Broccoli Apple Slices Apricots Fresh Vegetable Bar Assorted Fresh Fruit	Turkey & Gravy/GF Dinner Roll Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail Fresh Vegetable Bar Assorted Fresh Fruit	Grilled Chicken on GF Bun Hash Brown Glazed Carrots 100% Apple Juice Chilled Blueberries Fresh Vegetable Bar Assorted Fresh Fruit	GF Cheese Pizza Peas Corn Peaches Orange Cream Sidekick Slushy Fresh Vegetable Bar Assorted Fresh Fruit	

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.

* 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