





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

NOVEMBER 2024 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>Homemade GF Garlic Cheese Bread</p> <p>Steamed Broccoli</p> <p>Edamame</p> <p>Pears</p> <p>Fruit Slushy</p>
<p>4</p> <p>GF Chicken Tenders</p> <p>Glazed Carrots</p> <p>Steamed Edmame</p> <p>Pineapple</p> <p>Apple Slices</p>	<p>5</p> <p>GF Corn Dog</p> <p>Tater Tots</p> <p>Steamed Peas</p> <p>Mandarin Oranges</p> <p>Applesauce</p>	<p>6</p> <p>Cheeseburger on GF Bun</p> <p>Green Beans</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Apricots</p>	<p>7</p> <p>GF Pancakes/Cheese Omelet</p> <p>Hash Brown</p> <p>Italian Blend Vegetables</p> <p>100% Fruit Juice</p> <p>Chilled Blueberries</p>	<p>8</p> <p>Beef Taco Meat/Tortilla Chips</p> <p>Refried Beans</p> <p>Sweet Potato Fries</p> <p>Fruit Cocktail</p> <p>Cinnamon Applesauce</p>
<p>11</p> <p>GF Chicken Tenders</p> <p>Seasoned Potato Wedges</p> <p>Green Beans</p> <p>Peaches</p> <p>Strawberries</p> 	<p>12</p> <p>GF Grilled Chicken on GF Bun</p> <p>Corn</p> <p>Peas</p> <p>Grapes</p> <p>Mandarin Oranges</p>	<p>13</p> <p>Walking Taco</p> <p>Refried Beans</p> <p>Steamed Broccoli</p> <p>Pears</p> <p>Apricots</p>	<p>14</p> <p>15</p> <p>No School Grades K-12</p> 	
<p>18</p> <p>GF Corn Dog</p> <p>Sweet Potato Fries</p> <p>Corn</p> <p>Apple Slices</p> <p>Pineapple</p>	<p>19</p> <p>GF Cheese Pizza</p> <p>Steamed Peas</p> <p>Mashed Potatoes</p> <p>Pears</p> <p>Orange Wedges</p>	<p>20</p> <p>Queso Blanco/Tortilla Chips</p> <p>Fiesta Black Beans</p> <p>Green Beans</p> <p>Cinnamon Applesauce</p> <p>Apricots</p>	<p>21</p> <p>Baked Potato Bar/GF Roll</p> <p>Steamed Broccoli</p> <p>Glazed Carrots</p> <p>Mandarin Oranges</p> <p>Fruit Cocktail</p>	<p>22</p> <p>GF Pancakes/Cheese Omelet</p> <p>Hash Brown Potato</p> <p>Edamame</p> <p>Strawberries</p> <p>Peaches</p>
<p>25</p> <p>GF Corn Dog</p> <p>Refried Beans</p> <p>Broccoli</p> <p>Craisins</p> <p>Applesauce</p>	<p>26</p> <p>GF Cheeseburger</p> <p>Green Beans</p> <p>Mashed Potatoes</p> <p>Pears</p> <p>Strawberries</p>	<p>27</p> <p>28</p> <p>29</p> <p>Happy Thanksgiving!</p> 		
<p><i>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.</i></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.</p> <p>GF Cereal is offered daily as a breakfast option. A Variety of Milk is Offered Daily</p> <p>All meals include a choice of fruit & vegetable sides, as well as a carton of milk.</p>				