




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



MAY 2025 GLUTEN-FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 GF Pancakes/Cheese Omelet Potato Wedges Italian Blend Vegetables Chilled Blueberries 100% Fruit Juice	2 GF Cheese Pizza Baby Carrots Steamed Broccoli Strawberries Pears
5 Chicken Fajita Meat/Tortilla Chips Glazed Carrots Baked Beans Apple Slices Apricots	6 GF Turkey & Gravy/GF Roll Mashed Potatoes Green Beans Mandarin Oranges Fruit Cocktail	7 GF Pancakes/Sausage Patties* Hash Brown Steamed Broccoli 100% Fruit Juice Chilled Blueberries	8 GF Grilled Chicken Sandwich Steamed Peas Corn Peaches Fruity Side Kick	9 Walking Taco/Salsa Refried Beans Potato Wedges Orange Wedges Pears
12 Cheeseburger on GF Bun Sweet Potato Fries Corn Apple Slices Pineapple	13 GF Grilled Cheese Sandwich Green Beans Mashed Potatoes Orange Wedges Pears	14 GF Corn Dog Edamame Steamed Broccoli Strawberries Apricots	15 GF Pancakes/Cheese Omelet Hash Brown Glazed Carrots 100% Fruit Juice Chilled Blueberries	16 Beef Taco Meat/Tortilla Chips Fiesta Black Beans Glazed Carrots Applesauce Peaches
19 Hot Dog* on GF Bun Steamed Peas Green Beans Apple Slices Apricots	20 Homemade GF Garlic Cheese Bread Edamame Potato Wedges Mandarin Oranges Fruit Cocktail	21 Cheeseburger on GF Bun Steamed Broccoli Mixed Vegetables Strawberries Blueberries	22 Walking Taco/Salsa Refried Beans Corn Peaches Applesauce Cup	23 Grilled Chicken on GF Bun Sweet Potato Fries Edamame Pears Fruity Side Kick
26 Happy Memorial Day! 	27 Hot Option Only GF Chicken Tenders/GF Roll Baked Beans Steamed Broccoli Mandarin Oranges Fruit Cocktail	28 Hot Option Only Hamburger on a GF Bun Sweet Potato Fries Green Beans Pears Peaches	29 Hot Option Only GF Cheese Pizza Oven Baked Fries Vegetable Choice Fruit Choice Baked Apples	30 GF Corn Dog Baked Beans Vegetable Choice Pineapple Fruit Choice

Deli Turkey on GF Bun
Baby Carrots/Celery Sticks
Applesauce Cup
Craisins & GF Chocolate Chip Cookie

Breakfast is offered each morning in the cafeteria beginning at 7:30. It is a great way to jumpstart your day and it is a great value.

* Entrée May Contain Pork Whole Grain-Rich Products Are Served A Variety of Condiments Are Offered Daily
This institution 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