

Gluten Free Items

8/18

Fruits/Vegetables available as a side or on salad bar – these could be fresh, canned or frozen.

Milk – 1 % white(11) or fat free chocolate(21)

Juice (16)

Yogurt smoothie (33) – no grahams

Sausage patty (0)

Yogurt – 4(19) or 8 oz.(38) – no toast or granola

Egg patty (1)

Apple Cinnamon Cheerios (21)

Rice Krispies (23)

Rice Chex (24)

Cinnamon Chex (23)

Hard boiled egg (1)

Hamburger (0)/cheeseburger patty (1) – no bun

Hot Dog (1) – no bun

Mashed potatoes (17) – no chicken or country gravy

Tortilla chips(for nachos)(30) and cheese cup (15) – no meat or beans

String cheese (1)

Sliced lunch meat (1) – turkey based products

Sliced American cheese (1 slice = .5oz) (1)

Brown rice only (not spanish) 1/2c (18)

Turkey gravy (3) over mashed potatoes (17)

Three bean chili 1/2 c (17)

Turkey burger (0) – no bun

Turkey bacon (0)

Turkey taco crumbles (1)

Meat sauce 1/2c (7) - no pasta

Cheese Enchiladas (24) – no Spanish rice or beans

Baked Beans (28)

Entrée Salads (chef or veggie)(11) – no roll or croutons

Salad dressings – ranch, caesar, honey mustard, 1000 island

Condiments – ketchup (4), mustard (0), salsa (2)

Hummus Plate (22) – no bread

French fries (18), tator tots (17), potato wedges (21)

Roasted garbanzo beans (24)

Scrambled eggs (MFS)*(2)

Boneless chicken strips (MFS)*(in Caesar salads, wraps, tacos)(2)

NOTE: This list is intended to provide options for students with gluten sensitivity. Items on this list were selected based on ingredient labels and are not all certified as “gluten free” from the manufacturer. Items on this list may not be safe for students with severe allergies.

*Items that contain modified food starch (MFS) did not alert for wheat on the manufacturers label.

Check with your school cafeteria manager or nutrition services office for further information. Not all items are available to all grade levels or during each menu cycle.

Carbohydrate counts are listed in parenthesis to provide additional information for our diabetic students.