

Gluten Free Items

7/17/17

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)

Sausage patty (0)

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

Egg patty (1)

Apple Cinnamon Cheerios (21)

Rice Krispies (23)

Hard boiled egg (1)

Hamburger (0)/cheeseburger patty only (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

Mesquite Chicken drumstick (3)

String cheese (1)

Sliced lunch meat (1) – turkey based products

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

Turkey gravy (3) over mashed potatoes (17)

Chili (27)

Turkey burger (0) – no bun

Turkey bacon (0)

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)

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” were left off this list. Check with your school cafeteria manager or nutrition services office for further information on these items.

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