

Did you know that students who have gluten sensitivity can enjoy a nutritious meal from the school cafeteria? Every day, students are offered the opportunity to create a meal from the following food groups:

Grains • Meats • Fruits • Vegetables • Milk

For **lunch**, students may select three, four, or all five of the above food groups to complete their meal. At least one of these choices must be from the *fruit* or *vegetable* group.

For **breakfast**, students may select three or four of the following food groups **Grains • Meats • Fruits • Milk**

Items from Each of the Food Groups that do not Contain Gluten

Meat/Meat Alternates

- **Arroz Con Pollo**
- **Turkey Breast** (deli-style or diced) and **Turkey Ham** (deli-style or diced) used in Salads
- **Turkey Roast**, and **Turkey Taco Meat** (without the Tortilla)
- **Beef - Spaghetti Sauce** and **Shredded Beef** (used in Philly Cheese Steak without the sub bun)
- **Teriyaki Chicken w/Rice & Veggies**
- **Vegetarian Chili** and **Beef Sloppy Joe** (Beef Nachos) served with corn tortilla chips
- **Hamburger Patty**, **Hot Dog**, **Black Bean Burger**, and **Turkey Burger** served without the bun
- **Oven Roast Chicken**, **Chicken Fajita** (served in some salads and with brown rice), **Grilled Chicken Patty**, **Caribbean Chicken**, **BBQ Chicken**
- **Pulled Pork Platter** (served without the roll)
- **Salads** (Garden Salad Deluxe, Grilled Chicken Salad (no croutons), Chef Salad, Chicken BLT Salad, Turkey BLT) served without the Savory crackers
- **Cheese** to include sticks, sliced and shredded
- **Yogurt Parfaits** (served without the crackers)
- **Yogurt** - 4 oz cups assorted flavors
- **Peanut Butter Cup** - 1 oz. (offered in PB Platter)

Bread/Grains

- **Brown Rice**, **Spanish Rice**
 - **Corn Tortilla Chips**
 - **Gluten Free Breads** (Hamburger, Hot Dog, Dinner Roll, Sliced Bread)
 - **Sea Salt & Pepper Rice Crackers**
- ***Wheat/Gluten allergies **MUST BE ON FILE** and arrangements must be made with the School Food Service Department ahead of time

Fruits

- **Cupped Fruit and Assorted Fresh Fruit**
- **Assorted 100% Fruit Juice**

Vegetables

- **Frozen Vegetables** - Green Beans, Carrot & Bean Medley, Broccoli & Cauliflower, Carrots (assorted) Caribbean Blend, Broccoli, California Blend (Carrots/Cauliflower/Broccoli), Collard Greens, Corn, Fiesta Corn, Chopped Spinach, Sweet Peas, Sweet Plantains (With the exception of the Asian Green Beans)
- **Potatoes** - Smiles, Sticks, Mashed, Sweet Potato (Bites, Waffles, Spicy Sticks)
- **Beans** - baked, black, and kidney
- **Fresh Produce**

Milk (assorted)

- Unflavored 1% and fat free
- Chocolate flavored fat free

Condiments

- All salad dressings with the exception of sesame oriental dressing
- Ketchup, Mayonnaise, Mustard and all Dipping Sauces

For more information regarding food allergies/sensitivities, please contact the Nutrition Team with the School Food Service Department-Menu information current for the 2018-2019 School Year

Breakfast Selection

- Assorted Yogurts
- Turkey Sausage Patty and Turkey Canadian Bacon
- Scrambled Eggs and Cheese Omelets
- Honey Nut Chex, Cinnamon Chex, Cheerios, Honey Nut Cheerios, and Cheerios Cinnamon Apple (made of oats or corn and labeled gluten free by the manufacturer)
- Peanut Butter Cup

to complete their meal and at least one of these choices must be from the *fruit* group.