



Gluten Free Menu Choices

MCCSD SECONDARY SCHOOLS

Breakfast

Cheerios with Milk

Rice Krispies with Milk

Gluten Free Bagel with Cheese or Yogurt

Egg and Cheese on Gluten Free Bagel

Fruit of the Day or 100% Fruit Juice

Choice of Milk

Lunch

Egg and Cheese on Gluten Free Bagel

Veggie Burger or Hamburger on Gluten Free Roll

Gluten Free Bagel with Cheese or Yogurt

Garden Salad with Cheese

Grilled Cheese on Gluten Free Bread

Ham, Chicken or Turkey on Gluten Free Bread

Fruit of the Day or 100% Juice

Vegetable of the Day

Choice of Milk