

Gluten-Free Menu Options

1. Gluten is naturally present in grains such as wheat, barley, rye. Food items that we serve that usually contain wheat flour include bread, pasta, tortillas, cereal, and other baked goods.
2. Gluten-free food products are typically made with rice, potato or corn flour.
3. Our gluten-free grain items are NOT counted towards the grain meal component.
4. If a student *does not* have medical documentation for a gluten allergy, they must STILL select x3 food components at lunch from the remaining groups: meat/meat alternative, fruit, vegetable or milk.

***Note for food service staff: DO NOT put regular bread slices in the brown sugar bags, this will contaminate the brown sugar with gluten.*

Entrees

- Stacked Enchiladas
- Baked Potato (includes nacho sauce & beef chili)
- Frito Chili Pie & Chips
- Fiesta Nachos (includes cheese, chips, meat)
- Chicken Chili
- Breakfast for Lunch- Scrambled Eggs only
- Mashed Potato Bowl (without gravy)
- Yogurt Parfait
- Chef's Salad 6-12 only (without bread roll)
- Chicken Mandarin Salad 9-12 only (without fried noodles & bread roll)

Modified Entrees

- Homemade Pizza (only with gluten-free pizza crust)
- Chicken & Rice Bowl (**if** prepared with **gluten-free soy sauce**)
- Bean Burrito (on a gluten-free tortilla)
- Beef Burrito (on a gluten-free tortilla)

- Quesadilla (on a gluten-free tortilla)
- Sloppy Joe (on a gluten-free bun)
- BBQ Pork Sandwich (on a gluten-free bun)
- Chicken Sandwich (on a gluten-free bun)
- Hamburger patty (on a gluten-free bun)
- Hot dog (on a gluten-free bun)
- Turkey Philly Sandwich (on a gluten-free bun)
- Chicken Alfredo (only with gluten-free penne pasta)
- Baked Ziti (only with gluten-free penne pasta)
- Mac & Cheese (only with gluten-free penne pasta)
- Grilled Cheese (on gluten-free bread)
- Homemade Peanut Butter Jelly Sandwich (on gluten-free bread)
- Turkey Cheese Sandwich (on gluten-free bread)
- Tuna Sandwich (on gluten-free bread)
- Chicken Ranch Wrap 9-12 only (on a gluten-free tortilla)

Sides

- Potato Wedges
- French Fries
- Baked Beans
- Refried Beans
- Mashed Potatoes
- Coleslaw
- Corn
- Broccoli

- Cauliflower
- Green Beans
- Glazed Carrots
- Spanish Rice
- Ranch Parmesan Rice
- Tortilla & Frito Chips

Salad Bar

- Quinoa Salad
- Confetti Rice Salad
- Chickpea Salad
- Black Beans
- Diced Chicken
- Cheese Stick
- Cucumbers, cherry tomatoes, bell pepper strips, carrots/celery, garden salad
- All fresh, canned, or frozen fruit

Other

- Milk
- Ranch Dressing
- Italian Dressing
- Honey Mustard
- Hot Sauce
- Salsa
- Sour Cream
- Parmesan cheese

- Ketchup
- Mayo
- Mustard
- Pickles
- Relish
- Jalapenos
- Lettuce, onion, tomato

Breakfast Items:

- Yogurt Parfait
- Cinnamon Granola
- Chex Blueberry Cereal
- Hashbrown Breakfast Casserole
- Scrambled Eggs

Modified Breakfast Entrees

- Breakfast Burrito (on gluten-free tortilla)
- Sausage, Cheese, and Egg (**w/ gluten-free bread**)
- Toast (gluten-free bread)
- Gluten-free cereal
- Gluten-free bagels
- Gluten-free muffin
- Gluten-free waffle