GLUTEN FREE ITEMS & MEAL MODIFICATION ITEMS

*For a reimbursable meal, grains can be declined, if at least 3 different components are served (such as fruit/veggies, meat or meat alternative, and milk.

* Call 970.490.3557 or work with your kitchen manager for special meal modifications noted. Medical Statement for Meal Modification must be on file for special requests/meal modifications and to receive special gluten free options (gluten free bread, corn taco shells).

*Follow link to Interactive Menu to see daily menu options at each perspective school

BREAKFAST

APPLE JUICE

APPLESAUCE ORANGE

JUICE

FRUIT & YOGURT PARFAIT- (Granola has a "may contain" for wheat- DECLINE GRANOLA) CEREAL:

CINNAMON CHEX, HONEY CHEERIOS, BLUEBERRY CHEX

EGG SCRAMBLE (DECLINE TORTILLA) MILK

STRING CHEESE SYRUP

YOGURT

BREAKFAST SANDWICHES IF YOU DECLINE THE BISCUIT OR BAGEL (ON GLUTEN FREE BREAD)

BREAKFAST FRUIT SALAD BAR

LUNCH

STIR FRY RICE BOWLS/BARS (CHICKEN, MEATBALLS) **GF SAUCES:** THAI CHILI, GENERAL TSO, ORANGE SAUCE OR WITHOUT ANY SAUCE. (DECLINE SOBA NOODLES)

APPLESAUCE

BBQ CHICKEN OR PORK SANDWICHES (DECLINE BUN OR ON GLUTEN FREE BREAD) BEANS:

ALL

BEEF OR CHICKEN TACOS + RICE (TACO SEASONING IS NOW GLUTEN FREE)

BURRITOS BOWLS WITHOUT THE TORTILLA, WITH CILANTRO LIME RICE, OR WITH CORN TACO SHELLS (REFRIED BEANS & TACO SEASONING ARE NOW GLUTEN FREE)

CHEESEBURGER/HAMBURGER PATTY (DECLINE BUN OR ON GLUTEN FREE BREAD) IMPOSSIBLE

BURGERS (DECLINE BUN OR ON GLUTEN FREE BREAD)

CHICKEN ALFREDO (DECLINE PASTA)

COLD DELI CHOICES - TURKEY, HAM, YOGURT, OR CHEESESTICK (DECLINE ROLL/CRACKERS/ ROLL) SUB GLUTEN FREE BREAD or GLUTEN FREE CEREAL

- FOR WRAPS- DECLINE TORTILLAS AND BREADED CHICKEN (CAN SUB CORN TACO SHELL OR GLUTEN FREE BREAD)

DELI SANDWICHES (DECLINE BREAD, SUB GLUTEN FREE BREAD) FRUIT: ALL

GREEN CHILI BOWL, PORK OR CHICKEN

GRILLED CHEESE/GRILLED HAM+CHEESE ON GLUTEN FREE BREAD HOT DOG

(DECLINE BUN OR ON GLUTEN FREE BREAD)

HUMMUS & VEGGIE BOX (DECLINE PRETZELS, SUB GLUTEN FREE BREAD) MEATBALL

SANDWICH (DECLINE BUN OR ON GLUTEN FREE BREAD)

PASTA BAR: CHICKEN OR GROUND BEEF WITH ROASTED VEGGIES (DECLINE PASTA) PHILLY

CHEESESTEAK BEEF OR CHICKEN (DECLINE BUN OR ON GLUTEN FREE BREAD)

PROTEIN BOX (DECLINE PRETZELS AND COCOA CHERRY BAR SUB GLUTEN FREE BREAD OR CEREAL) SALADS

(DECLINE COCOA CHERRY BAR/CRACKERS)

- TACO SALAD- DECLINE TORTILLA (SUB CORN TACO SHELL)
- CHICKEN CAESAR & BUFFALO CHICKEN- DECLINE CHICKEN
- ANTIPASTO SALAD- DECLINE PASTA TURKEY

AND GRAVY (DECLINE ROLL)

VEGETABLES ALL: INCLUDING MASHED POTATOES (WITHOUT GRAVY) & REFRIED BEANS

FRUIT AND YOGURT BOX (DECLINE PRETZELS/CRACKERS AND COCOA CHERRY BAR SUB GLUTEN FREE BREAD OR GLUTEN FREE CEREAL)

YOGURT PARFAIT + CHEESE (DECLINE/OMIT GRANOLA, SUB GLUTEN FREE CEREAL)

Allergy Disclaimer:

Always work with your school's nurse and the Nutrition Coordinator from the Child Nutrition Department (970)-490-3557 for specific allergen concerns. The purpose of the allergen list is to provide Customers with tools they can use to identify the "major 8" allergens: wheat, milk, soy, egg, fish, shellfish (not currently in any of our items), peanuts, and tree nuts. The allergen list is not inclusive and is limited to the eight (8) FALCPA Allergens. The allergen list does not identify food sensitivities, intolerances to foods or dietary restrictions followed for medical conditions of anyone served food at a school site. Identification of the FALCPA Allergens is dependent on the manufacturer of each product or ingredient in a menu or recipe correctly identifying the attributes of the ingredients in their product or ingredient. Many times, our recipes will feature last-minute substitutions or changes from our suppliers that we will try to reflect here but don't always have the ability to change because of site-specific situations. This allergen list does not account for substitutions, alterations, changes in supplier, cross-contact in the kitchen, mislabeling by a manufacturer, and failure to update the database with changes right away. Also, the allergen list does not account for student sharing of meals, work with building principal to ensure no sharing of meals in the cafeteria.

This institution is an equal opportunity provider