

Gluten Friendly Meal Service

Junior High Gluten Friendly (GF) Entrée Options

Choose an entrée and add vegetables, fruit, and milk for a complete meal.



GF Menu Availability

Please notify the Kitchen Manager or District Dietitian of any specific dietary needs or accommodations.

The Gluten-Friendly entrée options listed below will be available based on the daily menu. Each food station offers buildable meal options made without gluten each day.

Breakfast

- Build a Breakfast Sandwich on GF Bread—Egg, Breakfast Meat & Cheese.
- GF Waffles
- GF Cereal Options

Wing Bar

Overn Roasted Chicken Drumstick or GF Chicken Tender
Sauce: Buffalo or BBQ

Quesadilla Bar

Quesadilla made with Corn Tortilla

Breakfast for Lunch Bar

- Omelet or Eggs with T. Sausage & GF Toast, &/or Potatoes + Warm Apples
- GF Waffles w/ T. Sausage + Warm Apples

Pasta Bar:

Marinara Meat Sauce with GF Pasta & GF Bread + Cooked Broccoli

Baked Potato & Soup Bar

- Potato with Cheese & Vegetable
- GF Soup

Burger on GF Bun

Grilled Cheese on GF Bread

Add a fruit or Vegetable

Nacho Bar (Served Daily)

Beef or Chicken (GF seasoning) w/ GF Corn Tostitos, Rice & Beans

Sunbutter & Jelly on GF Bread (Served Daily)

GF Pizzas (Served Daily) Pepperoni, Cheese

Turkey/Ham & Cheese on GF Bread (Served Daily)

Ham, Turkey or Italian Salad