

## **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 baked goods such as cookies.
2. Gluten-free food products are typically made with rice, potato or corn flour.
3. Our staff will provide gluten-free menu options for students that have medical documentation from a health care provider requesting a gluten-free diet.
4. Our gluten-free grain items are **NOT** counted towards the USDA required grain component.
5. We will try to accommodate non-medical gluten-free preference requests as best as possible however, please remember that if a student *does not* have medical documentation, then they must STILL select x3 food components at lunch from the remaining groups: meat/meat alternative, fruit, vegetable or milk.

### **Hot Entrees**

- Mashed Potato Bowl (without gravy)
- Baked Potato (includes nacho sauce & beef chili)
- Frito Chili Pie & Chips
- Fiesta Nachos (includes cheese, chips, meat)
- Carnitas Tacos
- Chicken Chili
- Breakfast for Lunch- Scrambled Eggs only

### **Modified Hot Entrees**

- Bean Burritos (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)
- Mexican Spaghetti (only with gluten-free penne pasta)
- Chicken Alfredo (only with gluten-free penne pasta)
- Smokies
- Homemade Peanut Butter Jelly Sandwich (on gluten-free bread)
- Ham or Turkey Cheese Sandwich (on gluten-free bread)
- Tuna Sandwich (on gluten-free bread)
- Grilled Cheese (on gluten-free bread)

## **Sides**

- Potato Wedges
- Baked Beans
- Refried Beans
- Mashed Potatoes
- Coleslaw
- Spanish Rice
- Ranch Parmesan Rice
- Tortilla Chips
- Corn
- Broccoli
- Cauliflower
- Green Beans

## **Salad Bar**

- Quinoa Salad
- Confetti Rice Salad
- Kidney Beans
- Pinto Beans
- Black Beans
- Garbanzo Beans
- Diced Chicken
- Peanut butter
- Cheese Stick
- Sunflower Seeds
- Cucumbers, cherry tomatoes, bell pepper strips, carrots/celery, garden salad
- All fresh, canned, or frozen fruit

## **Other**

- Milk
- Ranch Dressing
- Italian Dressing
- Hot Sauce
- Salsa
- Sour Cream
- Parmesan cheese
- Ketchup
- Mayo
- Mustard
- Pickles

- Relish
- Jalapenos
- Lettuce, onion, tomato

**For Middle and High Schools Only:**

- Chef's Salad (without bread roll)
- Yogurt Parfait

**Breakfast Items:**

- Yogurt Parfait
- Twist & Go Smoothie
- Cinnamon Granola Packets

**Modified Breakfast Entrees**

- Breakfast Burrito (on gluten-free tortilla)
- Sausage, Cheese, and Egg (without biscuit)
- Toast (gluten-free bread)
- Gluten-free cereal
- Gluten-free bagel
- Gluten-free muffin
- Gluten-free waffle