

Gluten Free Menu

Items

School Food Service



Meat/Meat Alternatives

Turkey Breast or Turkey Ham (used in salads)

Turkey Taco Meat (without the tortilla)

Meat sauce served with GF pasta

Vegetarian Chili and Beef Sloppy Joe (Beef Nachos) - Served with
Corn Tortilla Chips

Hamburger Patty or Hot Dog served on GF buns

BBQ Chicken

Grilled Chicken Strips

Entree Salads- Simply Salad and Chef Salad
(Served without the Savory Wheat Cracker)

Cheese (Sticks, Cubes, Slices)

Yogurt Parfait (without the Crackers)

4 oz. Yogurt Cup

Peanut Butter Cup or Soy Butter Cup

*Items based upon availability

For more information regarding food allergies/sensitivities, please
contact the Nutrition Team with SFS

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Breads/Grains

Rice Dishes (Brown Rice and Spanish Rice)
Corn Tortilla Chips
GF Breads (Hamburger and Hot Dog Bun, and Sliced Bread)
Gluten Free Pasta
Gluten Free Muffin

Vegetables

California Blend, Caribbean Blend, Cauliflower, Corn, Fiesta Corn, Edamame, Peas, Plantains, Spinach with Cheese, Carrots, Tomato, and Cucumber
Potatoes- Mashed Potato, Potato Smiles, French Cut Fries
Beans - BBQ Baked Beans, Black Beans, and Green Beans
Fresh Produce

Fruits

Cupped Fruit
Assorted Fresh Fruit
Assorted 100% Fruit Juice

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Milk (Assorted)

Unflavored Skim and 1% Milk
Chocolate Flavored Fat-Free
Lactose Free Milk

Breakfast

Scrambled Eggs
Cheese Omelet
Turkey Sausage (without bread)
GF Muffin
Assorted Yogurt Cups
Peanut butter and Soy butter Cups
Cereal (Cheerios, Cinnamon Chex, and Apple Cinnamon Cheerios)

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