

Did you know that students who have gluten sensitivity can enjoy a nutritious meal from the school cafeteria? Every day students are offered the opportunity to create a meal from the following food groups:

Grains • Meats • Fruits • Vegetables • Milk

For lunch, students may select three, four, or all five of the above food groups to complete their meal. At least one of these choices must be from the fruit or vegetable group.

Items from Each of the Food Groups that do not Contain Gluten
<p><u>Meat/Meat Alternates</u></p> <ul style="list-style-type: none"> • Turkey Breast (deli-style or diced) and Turkey Ham (deli-style or diced) used in Salads • Turkey Pot Roast and Turkey Ham Steak (no gravy) • Beef - Spaghetti Sauce and Beef Meatballs, Shredded Beef (used in Philly Cheese Steak without the sub bun) • Vegetarian Chili and Beef Sloppy Joe (Beef Nachos) served with corn tortilla chips • Hamburger Patty, Hot Dog and Turkey Burger served without the bun • Chicken - Oven Roasted, Fajita (served as chicken fajita and in some salads), Grilled Chicken Patty • Cuban Pork and Fajita Grilled Fish (no tortilla) • Salads (Grilled Chicken Salad, Simply Salad, Chef Salad, Chicken BLT, Jerk Chicken Salad, Turkey BLT) • Cheese to include sticks, sliced and shredded • Yogurt – 4 oz cups assorted flavors • Peanut Butter Cup – 1 oz. (offered in PB Platter)
<p><u>Bread/Grains</u></p> <ul style="list-style-type: none"> • Brown Rice • Corn Tortilla Chips
<p><u>Fruits</u></p> <ul style="list-style-type: none"> • Cupped Fruit - Applesauce, Diced Peaches, Pineapple Tidbits, Diced Pears, Mixed Fruit, Mandarin Oranges, Pineapple Tidbits, Diced Peaches • Assorted Fresh Fruit • Assorted 100% Fruit Juice
<p><u>Vegetables</u></p> <ul style="list-style-type: none"> • Frozen Vegetables - Green Beans, Carrot & Bean Medley, Broccoli & Cauliflower, Carrots (assorted) Caribbean Blend, Broccoli, California Blend (Carrots/Cauliflower/Broccoli), Collard Greens, Corn, Fiesta Corn, Chopped Spinach, Sweet Peas • Potatoes – Sticks, Wedges, Mashed • Plantains • Beans – baked, black, and kidney • Fresh Produce – broccoli florets, zucchini and yellow squash, carrot and bean medley, corn cobbettes, carrot sticks, celery sticks, and cupped salad (all salad dressings with the exception of sesame oriental dressing)
<p><u>Milk (assorted)</u></p> <ul style="list-style-type: none"> • Unflavored 1% and fat free • Chocolate flavored fat free