

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.

For **breakfast**, students may select three or four of the following food groups **Grains • Meats • Fruits • Milk** to complete their meal and at least one must be from the fruit group.

### Items from Each of the Food Groups that do not Contain Gluten

#### Meat/Meat Alternates

- **Turkey Breast** (deli-style or diced) and **Turkey Ham** (deli-style or diced) used in Salads
- **Roasted Turkey** and **Turkey Pot Roast** (without 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
- **Oven Roasted Chicken, Chicken Fajita** (served in some salads and with brown rice), **Grilled Chicken Breast**
- **Salads** can be served without Flatbread included (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)

#### Bread/Grains

- **Brown Rice**
- **Corn Tortilla Chips**

#### Fruits

- **Cupped Fruit** - Applesauce, Diced Peaches, Pineapple Tidbits, Diced Pears, Mixed Fruit, Mandarin Oranges, Pineapple Tidbits, Diced Peaches
- **Assorted Fresh Fruit**
- **Assorted 100% Fruit Juice**

#### Vegetables

- **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
- **Sweet Potatoes** – bites, waffle, spicy sticks
- **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)

#### Milk (assorted)

- Unflavored 1% and fat free
- Chocolate flavored fat free

#### Breakfast Selection

- **Assorted Yogurts**
- **Turkey Sausage Patty and Turkey Canadian Bacon**
- **Scrambled Eggs**
- **Honey Nut Chex**
- **Peanut Butter Cup**

For more information regarding food allergies/sensitivities please contact  
The Nutrition Services Team with the School Food Service Department  
Menu information current for the 2013-2014 School Year