

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 of these choices 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
- **Turkey Roast** (no gravy), and **Turkey Taco Meat** (without the Tortilla)
- **Beef - Spaghetti Sauce** and **Shredded Beef** (used in Philly Cheese Steak without the sub bun)
- **Teriyaki Chicken** (without the Oriental Rice)
- **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 Roast Chicken, Chicken Fajita** (served in some salads and with brown rice), **Grilled Chicken Patty, Caribbean Chicken, BBQ Chicken**
- **Pulled Pork Platter** (served without the roll)
- **Salads** (Garden Salad Deluxe, Grilled Chicken Salad, Chef Salad, Chicken BLT Salad, Jerk Chicken Salad, Turkey BLT) served without the flat bread
- **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**
- **Gluten Free Breads** (Hamburger, Hot Dog, Dinner Roll, Sliced Bread)  
\*\*\**Wheat/Gluten allergies MUST BE ON FILE* and arrangements must be made with the School Food Service Department ahead of time

#### Fruits

- **Cupped Fruit** and **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, Sweet Plantains
- **Potatoes** – Smiles, Sticks, Mashed, Sweet Potato (Bites, Waffles, Spicy Sticks)
- **Beans** – baked, black, and kidney
- **Fresh Produce**

#### Milk (assorted)

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

#### Condiments

- All salad dressings with the exception of sesame oriental dressing
- Ketchup, Mayonnaise, Mustard and all Dipping Sauces

#### Breakfast Selection

- Assorted Yogurts
- Turkey Sausage Patty and Turkey Canadian Bacon
- Scrambled Eggs and Cheese Omelets
- Honey Nut Chex made with whole grain corn and Cinnamon Chex made with whole grain brown rice
- Peanut Butter Cup