

Gluten-Free Options
FY 2018/19

Daily options

These items can be ordered any day of the week

- Turkey (on gluten-free bread)
- Tuna fish (on gluten-free bread)
- WOW Butter and Jelly (on gluten-free bread)
- Grilled Chicken Caesar Salad (with no croutons)
- Hamburger (on a gluten-free bun)
- Grilled Chicken Sandwich (on a gluten-free bun) **at High Rock, Pollard & HS**

Pizza Wednesdays:

*Available every Wednesday at Elementary and High Rock
or Every day at Pollard and High School*

- Mr. SIPS gluten-free cheese pizza

On Chicken Entrée Days:

Whenever a chicken entrée is served

- Brakebush gluten-free chicken tenders

Other main lunch Items that are either gluten-free or we can modify to be a gluten-free option:

These items are only available when they are served as the main lunch

- Hamburger (on a gluten-free bun)
- Hot Dog (on a gluten-free bun)
- Cheese Nachos (no modification needed)
- Chili
- Meatballs
- Cereal Day (If they choose a GF cereal option)

Snack and Dessert Options:

- Vic's Popcorn (all flavors)
- Snyder GF Pretzels
- Lucky Leaf Individual Chocolate or vanilla Puddings