

Gluten-Free Menu Items

The sampling of items on this list appears to be appropriate for people on gluten-free diets. Although some of the products do not state that they are “gluten-free,” the ingredients listed by the manufacturer indicate that they are appropriate for gluten-free diets. Sources of cross-contact have not been investigated.

Breakfast Items:

Assorted Fresh & Canned Fruits
Assorted Fruit & Vegetable Juices
Baby Carrots
Cereal, Chex
Cereal, Multigrain Cheerios
Cheese Stick
Craisins
Fruit Smoothies
Golden Hash Brown Rounds
Milk
Raisins
Sweet Potato Fries
Yogurt

Lunch Items:

Entrees:

Alfredo Sauce
BBQ Pulled Pork (without Bun)
Beef Nachos
Beef Taco (without Tortilla)
Beef Burger (without Bun)
Chicken Fajita (without Tortilla)
Chicken Strips
Chicken Wings (without Sauce)
Chili
Gordita Meat (without Bread)
Hot Dog (without Bun)
Marinara Sauce
Meat Sauce for Spaghetti (no noodles)

Pizza Stuffwich
Roasted BBQ Chicken
Roasted Turkey Breast
Salad Topping – Diced Chicken
Salad Topping – Diced Turkey Breast
Salad Topping – Diced Turkey Ham
Salad Topping – Roasted Chickpeas
Shredded Pork Carnita (without Tortilla)
Sliced & Shredded Cheese
Sliced Ham
Sliced Turkey
Sloppy Joe (without Bun)
Southwest Chicken (without Tortilla)
Spicy Beef (without Tortilla)
Steak Meat for Subs (without Roll)
Tuna Salad (without Roll)
Turkey Sausage Links
Vegetarian Stuffed Peppers
Western Omelet
Yogurt

Grains:

Baked Tostitos
Broccoli & Cheese Rice
Fiesta Rice
Rice
Tortilla Chips/Nacho Chips

Fruit Sides:

Assorted Fresh & Canned Fruits
Craisins
Frozen Fruit Juice Cup
Fruit Salsa (without Graham Crackers)
Honey Lime Fruit Toss
Hot Spiced Apples
Mango Pineapple Salsa
Raisins
Tropical Fruit Salad

Vegetable Sides:

All Raw Vegetables
Baked Beans
Baked Plantains
Baked Potato w/Sour Cream

Black Beans
Broccoli
Broccoli & Cauliflower
Broccoli & Cheese Rice
Broccoli Cheese Soup
Brussels Sprouts
Candy Corn
Confetti Collards
Corn Salad
Cran-Blueberry Spinach Salad
Creamy Cole Slaw
Creamy Cucumber Moons
Curly Fries
Fiesta Veggie Dip & Chips
French Fries
Garbanzo Beans
Greek Salad
Green Beans
Green Peas
Harvest Romaine Salad
Kickin’ Roasted Veggies
Layered Lettuce Salad
Lettuce, Tomato & Pickles
Mashed Potatoes w/Gravy
Maui Vegetable Blend
Mixed Vegetables
Parmesan Broccolini
Pico de Gallo
Peppers & Onions
Pomegranate Blueberry Spinach Salad
Potato Wedges
Pumpkin Soufflé
Rainbow Veggie Sticks
Refried Beans
Roasted Chickpeas
Roasted Sweet Potatoes & Apples
Sliced Beets
Sugar Snap Blend
Sunny Broccoli & Cauliflower Toss
Sunshine Carrots
Super Food Kale Salad
Sweet Potato Fries
Tomato Basil Soup
Tossed Salad
Trees, Clouds and Sunshine

Ala Carte:

Baked Lays – All Flavors
Baked Tostitos
Frozen Yogurt Cup
Fruit Juices
Honey Roasted Sunflower Kernels
Popcorn, Kettle Style
Popcorn, White Cheddar
SideKicks
Soymilk

Dressings:

French Dressing
Greek Dressing
Honey Mustard Dressing
Italian Dressing
Ranch Dressing
Raspberry Acai Dressing

Condiments:

Barbecue Sauce
Cheese Sauce
Dip for Fresh Vegetables
Dipping Sauce
Gravy
Hot Sauce
Ketchup
Margarine
Mayonnaise
Mustard
Pancake Syrup
Pickles
Queso
Salsa
Salsa Verde
Sour Cream
Sriracha Sauce
Taco Sauce
Yogurt Dip

Milk:

All Flavors