

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
Egg Pop
Milk
Potato Wedges
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 Teriyaki over Rice
Chili
Gordita Meat (without Bread)
Hot Dog (without Bun)

Italian Sausage Stuffed Peppers
Marinara Sauce
Meat Sauce for Spaghetti (without Noodles)
Roasted BBQ Chicken
Roasted Turkey Breast
Salad Topping – Diced Chicken
Salad Topping – Diced Turkey Breast
Salad Topping – Diced Turkey Ham
Salad Topping – Egg, Hard Cooked
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 Bacon
Turkey Sausage Links
Vegetarian Stuffed Peppers
Western Omelet
Yogurt

Grains:

Baked Tostitos
Cilantro Lime 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 Soup
Brussels Sprouts
Candy Corn
Confetti Collards
Corn Salad
Cran-Blueberry Spinach Salad
Creamy Cole Slaw
Creamy Cucumber Moons
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
Sunshine Carrots
Sweet Potato Fries
Tomato Basil Soup
Tossed Salad
Trees, Clouds and Sunshine

Ala Carte:

Baked Lays – Original Flavor
Baked Tostitos
Fruit Juices
Popcorn, Kettle Style
Popcorn, White Cheddar
SideKicks
Soy milk

Dressings and Dips:

Bacon Ranch Dip
French Dressing
Greek Dressing
Honey Mustard Dressing
Italian Dressing
Pomegranate Dressing
Ranch Dressing
Sriracha Ranch Dip
Cheese Sauce
Chocolate Yogurt Dip
Dip for Fresh Vegetables
Dipping Sauce
Queso
Salsa
Salsa Verde
Sour Cream
Yogurt Dip

Milk:

All Flavors