

## 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  
Cheese Stick  
Craisins  
Fruit Smoothies  
Egg Pop  
Milk  
Potato Wedges  
Raisins  
Multigrain Cheerios Cereal  
Sweet Potato Fries  
Yogurt

### Lunch Items:

#### Entrees:

Alfredo Sauce  
BBQ Pulled Pork (without Bun)  
Beef Nachos  
Beef Burger (without Bun)  
Buffalo Chicken for Deli Bar  
Cheesy Taco Rice  
Chicken Bacon Ranch for Deli Bar  
Chicken Chunks (Italian Oven)  
Chicken Fajita Meat  
Chicken Teriyaki over Rice  
Chili  
Combo Meat for Deli Bar

Gordita Meat (without Bread)  
Hamburger (without Bun)  
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 Deli Bar  
Tuna Salad (without Roll)  
Turkey Bacon  
Turkey Sausage Links  
Vegetarian Stuffed Peppers  
Western Omelet  
Yogurt

#### Grains:

Baked Tostitos  
Cilantro Lime Rice  
Fiesta Rice  
Frito Corn Chips  
Rice  
Tortilla or 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  
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 Chopped Salad  
Fiesta Veggie Dip & Chips  
French Fries  
Garbanzo Beans  
Greek Salad  
Green Beans  
Harvest Romaine Salad  
Kickin’ Roasted Veggies  
Layered Lettuce Salad  
Lettuce, Tomato & Pickles  
Mashed Potatoes w/Gravy  
Maui Vegetable Blend  
Mediterranean Salad  
Mixed Vegetables  
Parmesan Broccoli  
Pico de Gallo  
Peppers & Onions  
Pomegranate Blueberry Spinach Salad  
Potato Salad  
Potato Wedges  
Pumpkin Soufflé  
Refried Beans  
Roasted Chickpeas  
Roasted Sweet Potatoes & Apples  
Sidewinder Fries

Sliced Beets  
Sunshine Carrots  
Sweet Potato Fries  
Tater Tots  
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  
Soymilk

#### Dressings and Dips:

Bacon Ranch Dip  
French Dressing  
Greek Dressing  
Italian Dressing  
Pomegranate Dressing  
Ranch Dressing  
Spinach Salad 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