

Gluten-Free Options
FY 2022/23

Daily options

These items can be ordered any day of the week

- WOW Butter and Jelly (on gluten-free bread)
- Grilled Chicken Caesar Salad (with no croutons)
- Bagels
- Hamburger (on a gluten-free bun) **at High Rock, Pollard & HS (only Tues-Friday)**
- 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*

- Gluten-free cheese pizza

On Chicken Entrée Days:

Whenever a chicken entrée is served

- 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)
- Gluten Free Pasta

** some items are not specifically labeled GF but list no gluten containing ingredients,
please contact us for nutrition labels if needed**