

GLUTEN-FREE DIET MENU

Please ask your dining associate for any additional gluten-free options that may be available.

BREAKFAST

Bacon	White Toast
Grits	Yogurt
Hard Boiled Egg	Assorted Cereal:
Sausage	Cheerios
Scrambled Eggs	Honey Nut Cheerios®
Tater Tots	

ENTRÉES

BBQ Chicken Thigh	Grilled Chicken Breast
Black Beans & Rice	Hamburger Patty, no bun
Caribbean Red Beans & Rice	Pasta with Marinara
Crispy Baked Tofu	Pasta with Pesto
Fruit Plate	Three Bean Chili
Gluten-Free Grilled Cheese	Veggie Fried Rice

BUILD A SANDWICH

White Bread

Deli Ham	Deli Roast Beef
Deli Turkey	Peanut Butter & Jelly

American Cheese	Provolone Cheese
Cheddar Cheese	Swiss Cheese

Lettuce	Red Onion
Pickles	Tomato

SOUP & SALAD

Beef Broth	Chef Salad
Chicken Broth	Garden Salad
Vegetable Broth	<i>Italian Dressing</i>
Vegetable Soup	<i>Ranch Dressing</i>

FRUIT

Apple	Fresh Fruit Cup	Peaches
Applesauce	Grapes	Pears
Banana	Mandarins	Pineapple
Blueberries	Orange	Strawberries

DESSERTS

Ice Cream (<i>Vanilla</i>)	Pudding (<i>Chocolate & Vanilla</i>)
Italian Ice	
Popsicle	

SIDES & SNACKS

Baked Potato	Hummus
Gluten-Free Mac & Cheese	Rice (<i>Brown & White</i>)

Vegetables

Cooked: Broccoli, Carrots, Corn, Green Beans, and Green Peas
Raw: Broccoli, Carrots, Celery, and Cucumber

Assorted Chips:

Cheetos® Puffs	Fritos®
Doritos® (<i>Cool Ranch & Nacho Cheese</i>)	Lay's® Potato Chips
	Ruffles® Potato Chips

CONDIMENTS

Brown Sugar	Ketchup
Butter	Margarine
Cinnamon	Peanut Butter
Hot Sauce	Salt
Jelly	Syrup

BEVERAGES

Almond Milk (<i>Chocolate & Vanilla</i>)	Milk (<i>Whole & 2%</i>)
Bottled Water	Soda (<i>Cola, Diet Cola, Ginger Ale & Lemon Lime</i>)
Crystal Light®	Soy Milk (<i>Vanilla & Chocolate</i>)
Hot Cocoa	
Juice (<i>Apple, Cranberry & Orange</i>)	

