

ENTRÉES MADE WITHOUT GLUTEN

ON THE SCHOOL LUNCH MENU

Numerous cafeteria menu items are available to help accommodate our gluten-free students, such as: corn chips, gluten-free wraps, gluten-free buns (hot dog and hamburger) and gluten-free sandwich bread. Franz Bakery gluten-free bread is available in schools upon request.

Please note:
All of our meals are prepared in a kitchen that processes wheat and wheat products.

THE FOLLOWING ENTREES ARE ABLE TO BE MODIFIED:

NACHO BAR

Tortilla chips; ground beef; seasoned beans, queso sauce or shredded cheese

ROASTED CHICKEN DRUMSTICK

Chicken drumstick; wedged potatoes
*NO ROLL

BAKED POTATO BAR

Potato; cheese sauce; broccoli; *NO ROLL

CHICKEN SOFT TACO

Chicken; rice; beans; *NO TORTILLA

CHILI DOG

Chili; hot dog;
*NO BUN OR SUN CHIPS

TORTILLA SOUP

All good

CHICKPEA MASALA

Masala; rice

FALAFEL AND HUMMUS

Falafel; hummus; cucumber-tomato-pepper salad; *NO FLATBREAD

100% BEEF BURGER (CHEESEBURGER)

Burger, cheese *NO BUN

BREAKFAST SANDWICH/HAM/BACON

Egg, cheese, ham or bacon
*NO ENGLISH MUFFIN

SW CHICKEN SALAD

All legumes, rice, vegetables, vinaigrette, chicken

CURRIED CHICKEN SALAD

Chicken salad mix, green vegetable blend
*NO FARRO

PULLED PORK SANDWICH

Pork, slaw *NO BUN

POUTINE

Potato fries, shredded cheese, gravy

DYNAMITE SLIDERS

Seasoned beef, peppers, onions *NO BUN

COMING SOON OUT OF THE CENTRAL KITCHEN!

Gluten-free and dairy-free pizza

Gluten-free bagels