

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

Egg, cheese, ham, bacon or sausage
***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**

NOW SERVING
gluten-free/vegan/vegetarian
SCRATCH-MADE SOUPS
in middle and high schools!

Look for black bean chipotle,
tomato basil, coconut beet, carrot
ginger, red lentil curry
and minestone on rotation.