

ENTRÉES MADE WITHOUT GLUTEN

ON THE SCHOOL LUNCH MENU

All school meals are comprised of grain, dairy, meat/meat alternative (protein), fruits and vegetables. All students have the option to decide not to take every component of our menu items. However, we do require that students take three of five components being offered, and this must include fruits and/or vegetables. All meals include the salad bar and milk.

THE FOLLOWING LIST OF ENTRÉES DESCRIBES HOW TO AVOID GLUTEN ON THE SCHOOL MENU:

Please note:

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

NACHO BAR

Tortilla chips; ground beef; queso sauce; refried beans

BEEF STEW

Stew; rice

ROASTED CHICKEN DRUMSTICK

Chicken drumstick; wedged potatoes
***NO ROLL**

BAKED POTATO BAR

Potato; cheese sauce; broccoli; ***NO ROLL**

SW BEEF BLACK BEAN QUINOA BURGER

Burger patty; seasoned potatoes; ***NO BUN**

ALFREDO SAUCE

Alfredo sauce; chicken;
***NO PASTA OR BREADSTICK**

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**

CHICKEN SOFT TACO

Chicken, beans, rice ***NO TORTILLA**

100% BEEF BURGER (CHEESEBURGER)

Burger, cheese ***NO BUN**

BREAKFAST SANDWICH/PORK PATTY

Sausage patty, egg, cheese
***NO ENGLISH MUFFIN**

SW CHICKEN SALAD

All legumes, rice, vegetables, vinaigrette, chicken

CURRIED CHICKEN SALAD

Chicken salad mix, green vegetable blend
***NO FARRO**

VEGETARIAN TACO SALAD

Black bean and corn salad, cilantro rice, salad blend, vinaigrette, tortilla chips

PULLED PORK SANDWICH

Pork, slaw ***NO BUN**

POUTINE

Potato fries, cheese, gravy



Good Food
PROJECT
made with love



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a collective commitment