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:

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

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