

# Gluten Free Lunch Menu



## Special Diet Gluten Free Menu:

Chicken Strips  
Hamburger or Cheeseburger  
Cheese Pizza  
Turkey Sandwich  
Teriyaki Chicken with Brown Rice  
Chicken with Brown Rice & Fajita Veggies  
Quinoa with 100% Beef & Pico de Gallo  
Taco Bowl with 100% Beef, Brown Rice & Pico de Gallo

Contact  
Nutrition  
Specialist  
for more  
details\*


\*A medical statement must be submitted for entrees on this menu. Providing dietary modifications outside of the regular menu can only be accommodated when supported by a medical statement.

## Entrees Not Containing Gluten on the Regular Menu:

Make Your Own Nachos (elementary)  
Teriyaki Chicken with Brown Rice (elementary)  
Vegan Veggie Rice Bowl (elementary)  
Vegan Succotash with Brown Rice (elementary)  
Vegan Asian Quinoa Salad (elementary)


For  
availability,  
check menu

ALL MENUS  
ARE SUBJECT  
TO CHANGE  
WITHOUT  
NOTICE.

 What Makes a Lunch?  
Lunch is based on 3-5 choices (fruit, vegetable, grain, protein, milk) daily.

Students must select a fruit or vegetable with lunch. 

 Daily Fresh Fruit & Vegetable Options May Include:  
Organic Apples, Canned Pears, Organic Orange Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Bananas and Applesauce. Organic Baby Carrots, Cooked Yellow Corn, Veggie Beans, Tater Tots, Broccoli Florets, Celery Sticks, Jicama Sticks, Salad Greens 

Questions?  
Contact our Nutrition Specialist at  949-234-9510

This institution is an equal opportunity provider.