

*Updated August 2018

Gluten Free Foods List

Foods Offered at Orchard, Parkside, Roxbury, Lewis, Arthur, Solon Middle School, and Solon High School

Entrée:

American cheese slice
Eggs - hard boiled or egg patty
Chicken patty, grilled Tyson
Chicken nuggets, charbroiled Advance Pierre
Chicken, diced, light and dark meat
Foot long Hotdog (without bun)
Hamburger & cheeseburger (without bun)
Jumbo Hotdog (turkey not beef, without bun)
Mozzarella String Cheese
Philly beef steak JTM
Sausage links & patties
Taco meat (beef) JTM
Turkey, oven roasted Jennie-O
Trix Yogurt

Fruit*:

100% Apple Juice (Minute Maid)
100% Orange Juice (Minute Maid)
Any Fresh Fruit
Applesauce
Banana
Cherry Applesauce Cup
Chilled Peaches
Cinnamon Applesauce
Diced Pears
Fruit Cocktail
Lunch Bunch Grapes
Pineapple Tidbits

Vegetable*:

Any Fresh Veggie
Baked Potato Wedges
Cooked Carrots
Corn Kernels
Garden Salad
Green Peas
Hashbrown Stix
Mixed Vegetables
Potato Smiles
Steamed Broccoli Cuts
Steamed Carrot Coins
Steamed Green Beans
Sweet Baby Peas
Sweet Potato Platter Fries
Tossed Salad
Winter Mix of Broccoli and Cauliflower

Milk/Dairy:

Chocolate Milk (1%)
Plain Milk (1% and fat free)
Strawberry Milk (FF)
Chocolate Soy Milk
Vanilla Soymilk
Chocolate Pudding Cup (Kozy shack Cowrageous, Snack Pack, Swiss Miss)
Vanilla Pudding Cup (Kozy shack Cowrageous, Snack Pack, Swiss Miss)
Fruit and (Strawberry/Vanilla) Yogurt Parfait (without granola)
Go-Gurt yogurt
Trix Yogurt

Salad Dressings/condiments:

Diamond Crystal Brand Italian Dressing (12 grams)
Diamond Crystal Brand Mayonnaise (12 grams)
Diamond Crystal Brand Buffalo Ranch Dipping Cup (1 oz.)
Red Gold Brand Ketchup packets
Mustard packets

*All Diamond Crystal Brand dressings are labeled GF in the bottom left hand corner.

Grain:

Cinnamon Chex cereal
Honey Nut Chex cereal
Rice Chex cereal

Ala Carte Items and Vending:**

Chef Salad
Fresh Fruit and Cottage Cheese
Fresh Fruit Salad
Fruit Punch, Minute Maid
Hummus and Fresh Vegetables (without crackers)
Ice creams: refer to “Allergen content in snacks” button on menus
Spinach Salad
Tropical Fruit Salad
Veggie Plate (without crackers)
Welch’s Fruit Snacks, Fruit Punch
Welch’s Fruit Snacks, Island Fruits
Welch’s Fruit Snacks, Mixed Fruit

*All fruits and vegetables are gluten free in their natural form, but sometimes frozen or canned vegetables can have added ingredients containing gluten. This is a list of what we are sure is gluten free.

**This is a list of what we are sure is gluten free; however, there may be other items offered that also do not contain gluten.

NOTICE: Ingredients and menu items are subject to change or substitutions made without notice. Gluten free items processed in our kitchens may be subject to cross contamination. Please consult a medical professional for assistance in planning for or treating medical conditions.

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