

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
Foot long Hotdog (without bun)
Hamburger & cheeseburger (without bun)
Jumbo Hotdog (without bun)
Mozzarella String Cheese
Sausage links & patties
Taco meat (beef) JTM
Trix Yogurt
Tyson grilled chicken patty

Grain:

Cinnamon Chex cereal
Honey Nut Chex cereal
Rice Chex cereal

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 (FF)
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
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.

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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