

**Gluten-Free Options**  
**FY 2019-2020**

**Daily options**

*These items can be ordered any day of the week*

- Turkey (on gluten-free bread)
- Tuna fish (on gluten-free bread)
- WOW Butter and Jelly (on gluten-free bread)
- Grilled Chicken Caesar Salad (with no croutons)
- Hamburger (on a gluten-free bun) **at High Rock, Pollard & HS**
- Grilled Chicken Sandwich (on a gluten-free bun) **at High Rock, Pollard & HS**

**Pizza Wednesdays:**

*Available every Wednesday at Elementary and High Rock  
or Every day at Pollard and High School*

- Mr. SIPS gluten-free cheese pizza

**On Chicken Entrée Days:**

*Whenever a chicken entrée is served*

- Brakebush gluten-free chicken tenders

**Other main lunch items that are either gluten-free or we can modify to be a gluten-free option:**

*These items are only available when they are served as the main lunch*

- Hamburger (on a gluten-free bun)
- Hot Dog (on a gluten-free bun)
- Cheese Nachos (no modification needed)
- Chili
- Meatballs
- Cereal Day (If they choose a GF cereal option)

**Snack and Dessert Options:**

- Vic's Popcorn (all flavors)
- Snyder GF Pretzels
- Hunts Individual Chocolate or Vanilla Puddings

\*\* some items are not specifically labeled GF but list no gluten containing ingredients,  
please contact us for nutrition labels if needed\*\*