

gluten-free menu

breakfast

gluten-free Pancakes
gluten-free Waffles
gluten-free French Toast
gluten-free Oatmeal
Grits
gluten-free Cereal
gluten-free Granola
Hard-boiled egg
Scrambled Egg
Omelet
choice of toppings
Cheese • Ham • Peppers
Onions • Mushrooms
Bacon

bakery

gluten-free Bread
gluten-free Dinner Rolls
gluten-free Bagel
gluten-free Donuts (*house selection*)
gluten-free English Muffin

grill items & hot sandwiches

Grilled Cheese
made with gluten-free bread
Sliced Turkey
Hamburger Patty
gluten-free Macaroni & Cheese
gluten-free Hot Dogs
gluten-free Chix Tenders
gluten-free Cheese Pizza

entrées

Baked Chicken Breast
Baked Fish
Sliced Roast Pork
Roast Beef
Stir Fry with Rice (*no sauce*)
Beef • Chicken • Vegetarian
Chipolte Black Bean Burrito
gluten-free Vegetable Lasagna
gluten-free Stuffed Shells
Pablano Chic Patties
Taco
beef or chicken on corn tortilla
Chef Salad
Dressings: Ken's fat-free French,
Ranch, Italian or Thousand Island

cold sandwiches

Deli Sandwich
made with gluten-free bread
American Cheese • Cheddar Cheese
Ham • Turkey • Roast Beef
Tuna Salad • Egg Salad

soup (*house selection*)

side orders

Baked Potato
French Fries
Broccoli
Corn
Green Beans
Sliced Carrots
Peas
Chopped Spinach
Tossed Salad
String Cheese
Cottage Cheese
gluten-free Crackers
Chips

fruit

fresh or canned cup
Apple
Banana
Orange
Grapes

beverages

Coffee (regular or decaf)
Tea (regular or decaf)
Hot Chocolate
Milk (regular or chocolate)
Juice: Apple • Orange
Cranberry • Lemonade
Fruit Punch
Smoothie

desserts

Gelatin
Ice Cream: Vanilla or Chocolate
Popsicles
gluten-free Brownies
gluten-free Apple Cobbler
gluten-free Lemon Bars
gluten-free Cookies (*house selection*)
gluten-free Cheesecake: Regular or
Chocolate Chip

