

Aramark Food Service - Gluten Free Items at AASD

We require a 504 medical form to be on file with the Food Service Dietitian. We offer gluten-free items for students that have a need for this dietary restriction.

Our school kitchens prepare multiple items that contain gluten. We cannot guarantee that our items are 100% gluten-free. We do not have separate ovens for gluten-free items. However, our Food Service staff will take all of the necessary sanitary practices in attempt prevent cross contamination. We can bake gluten-free items separately and we can put them in individual packages.

2017 – 2018 List of Gluten-Free Entrees

Breakfast Items:

- String Cheese or Cheese Cubes with Udi's GF Bread & Peanut Butter (Yogurt, Cottage Cheese, and Hardboiled Egg available some weeks)
- Cheddar Omelet and Udi's GF Bread
- Udi's GF Plain Bagel
- Cheerios or Honey Nut Cheerios



Lunch Items:

- Hot entrée options:
 - Hamburger or Cheeseburger on Udi's GF Bun
 - Grilled Chicken Patty on Udi's GF Bun
 - Hot Dog on Udi's GF Bun
 - GF Cheese Pizza
 - GF Chicken Tenders
 - Beef Taco Meat with Shredded Cheese on a Corn Tortilla or with Corn Tostitos® Scoops
 - Broccoli & Cheese Baked Potato
 - Udi's GF Toast with Cheddar Omelet
 - Grilled Cheese with Udi's GF Bread
- Salad options:
 - Ham Chef Salad
 - Italian Ham Salad
 - All-American Chef Salad
 - Fruit & Cheese Plate
 - Heinz Ranch Dressing*
- Sandwich options:
 - Ham & Cheese on Udi's GF Bread
 - Turkey & Cheese on Udi's GF Bread
 - PB&J on Udi's GF Bread



**Heinz Ranch Dressing does not contain gluten, but the final product has not been assessed for a "gluten-free" claim*