



Avoiding Gluten Lunch Menu 2018-2019

Fresh Salads

Chicken Bruschetta, Chicken Caesar, Turkey Cobb

Bento Boxes

*Egg Salad, Chicken Salad or Boar's Head Hummus and Veggie
Each Bento Box includes fresh garden vegetables and protein item*

Order on Thursday by noon for next week!
bleahey@westportps.org

Sandwiches

*Grilled Cheese
Sunbutter and Jelly
Boars Head Turkey and Cheese
Roast Chicken Breast with Cheese
Boars Head Ham & Cheese
Tomato & Mozzarella Panini*

Hot Entrees

*Chicken Tenders
Hamburger or Cheeseburger
Pasta with Marinara Sauce or Butter
Chicken Fiesta Nachos with Corn
Rice Noodle Mac & Cheese
Bagel Pizzas
Cheese Quesadilla*

All entrees are created "Fresh Right here" by our culinary team!

Additional pre-packaged Gluten Free Items at ala carte pricing:

Boars Head Hummus & Pretzel	3.00
Danimals Yogurt	1.00
Kozyshack Pudding	1.00
Tostito's Tortilla Chips	1.00
Soy Milk-Vanilla	1.50
Welch's Fruit Snacks	2.00
Cheerios or Chex	1.25

Stonyfield Organic Yogurt	1.75
Boars Head Hummus Cup	2.00
Udi's Chocolate Chip Cookies	1.25
Udi's GF Muffins	2.00
Soy Milk-Chocolate	1.00
String Cheese	1.00
Popcorn	1.00
Baked Lays	1.00

For Questions, Comments or Concerns, please contact Deborah VanCoughnett, Food Service Director 203-341-2431
Dvancoughnett@westportps.org

This menu is designed for students not able to consume gluten due to a medically documented disability. Contact your child's school nurse to get signed up for this menu or with any questions. All Menu Items, Recipes and Food Labels should be reviewed and approved by Parents and nursing staff prior to menu implementation