



# 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*

## **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*

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

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

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

<b>Boars Head Hummus &amp; Pretzel</b>	<b>3.00</b>	<b>Stonyfield Organic Yogurt</b>	<b>1.75</b>
<b>Danimals Yogurt</b>	<b>1.00</b>	<b>Boars Head Hummus Cup</b>	<b>2.00</b>
<b>Kozyshack Pudding</b>	<b>1.00</b>	<b>Udi's Chocolate Chip Cookies</b>	<b>1.25</b>
<b>Tostito's Tortilla Chips</b>	<b>1.00</b>	<b>Udi's GF Muffins</b>	<b>2.00</b>
<b>Soy Milk-Vanilla</b>	<b>1.50</b>	<b>Soy Milk-Chocolate</b>	<b>1.00</b>
<b>Welch's Fruit Snacks</b>	<b>2.00</b>	<b>String Cheese</b>	<b>1.00</b>
<b>Cheerios or Chex</b>	<b>1.25</b>	<b>Popcorn</b>	<b>1.00</b>
		<b>Baked Lays</b>	<b>1.00</b>

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*