



# Avoiding Gluten Lunch Menu 2019-2020

## **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*

*Amy's Rice Noodle Mac & Cheese*

*Bagel Pizzas*

*Cheese Quesadilla*

Order on Thursday by  
 noon for next week!  
[bleahey@westportps.org](mailto:bleahey@westportps.org)

Most entrees are  
 created  
 "Fresh Right Here"  
 by our culinary  
 teams!

**All gluten free lunches come with milk and a choice of fruit and/or vegetable**

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

<i>Boars Head Hummus &amp; Pretzel</i>	<i>3.00</i>
<i>Danimals Yogurt</i>	<i>1.00</i>
<i>Kozyshack Pudding</i>	<i>1.00</i>
<i>Tostito's Tortilla Chips</i>	<i>1.00</i>
<i>Soy Milk-Vanilla</i>	<i>1.50</i>
<i>Welch's Fruit Snacks</i>	<i>2.00</i>
<i>Cheerios or Chex</i>	<i>1.25</i>
<i>Udi's GF Bagel</i>	<i>2.00</i>

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

For Questions, Comments or Concerns, please contact Deborah VanCoughnett, Food Service Director 203-341-2431  
[Dvancoughnett@westportps.org](mailto: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*