Gluten Free Menu Items

Austin ISD

**Snacks**

Doritos

Flaming Hot Cheetohs

Oven Baked Cheetohs

Kind Bars

Lays Ketlle Chips

Pirates Booty

Smartfood Delight

Fritos

**Condiments**

BBQ Sauce

Compotes

Breakfast Syrup

Caesar Dressing

Cheese Sauce

Chipotle Ranch

Cilantro Lime Vinaigrette

Citrus Vinaigrette

Grape Jelly

Cream Cheese

Pickles

Gravy

Guacamole

Italian Dressing

Ketchup

Marinara Sauce

Mayonnaise

Mustard

Jalapenos

Pickle Relish

Pickles

Pico De Gallo

Ranch Dressing

Remoulade

Roasted Salsa

Salsa Verde

Sour Cream

Spicy Guacamole

Sriracha

Tartar Sauce

**Entrees**

Baked Potato Salad Bar Option Longhorn

Baked Potato Salad Bar Option Bluebonnet

Barbacoa Beef Taco

BBQ Drumstick

Bean and Cheese Nachos

Beef Nachos

Beef Enchilada

Beef Tamale and Pinto Beans

Fiesta black Bean Salad

Migas

Sausage Link

Broccoli Frittata

Caesar Salad Bluebonnet

Cajun Drumstick

Cheese Enchiladas with Red Sauce

Cheesy Baked Potato

Chef Salad Longhorn

Chef Salad Bluebonnet

Chicken Enchilada with Red Sauce

Chicken Fajita on Corn Tortilla

Crispy Beef Tacos

Crispy Black Bean and Veggie Tacos

Crispy Chicken Taco

Crispy Pinto Bean and Veggie Taco

Egg Patty

Fiesta Salad Bar Option Longhorn

Fiesta Salad Bar Option Bluebonnet

Fried Rice

Fried Rice with Edamame

Frito Pie

Garden Frittata

Homemade Beef Chili

Indian Chicken Curry

Indian Vegetable Curry

Mediterranean Salad Bar Option Longhorn

Pinto Bean and Veggie Tacos

Pinto Bean Dip with Chips

Pollo Al Carbon

Pork Carnitas Taco

Sausage Link

Sausage Patty

Scrambled Eggs

Southern Salad Bar Option Bluebonnet

Southern Salad Bar Option Longhorn

Southwest Quinoa Salad Bar Option Bluebonnet

Spring Berry Salad Option Bluebonnet

Spring Berry Salad Option Longhorn

Steamed Edamame

Stuffed Potato with Broccoli

Sun Butter

Tacos Al Pastor

Tomato Frittata

Tomato Soup

Turkey and Gravy over Rice

Vegan Lentil Frito Pie

**Grains**

Gluten Free Bread

Rice- Brown rice, cilantro rice, Spanish rice, fried rice

Corn Tortillas

Cheerios

Crispy Taco Shells

Purple Corn Flakes

Tortilla Chips

Quinoa

**Meat/Meat Alternates**

All beans

Al Pastor

Beef fajita

Beef with Broccoli

Bean Dip

Barbacoa

Chicken Salad

Deli Ham

Diced Chicken

Fajita Chicken

Ground Taco Meat

Hummus

Orange Chicken

Pork Carnitas

Sliced Turkey

Oven Roasted Turkey

Sun Butter

Tuna Salad

Turkey Taco Filling

**Fruit**

All fresh, canned and frozen fruit

All Juice

**Vegetables**

All fresh, canned and frozen vegetables

**Milk/Dairy**

All Milk and soy

Yogurt

Cheese