

# Always Available Breakfast

## Gluten Free Menu

### Breakfast Items:

- GF English Muffins (35g)
- GF Toastables Blueberry (19g)
- GF Toastables Original (19g)
- GF Oatmeal (27g)
- GF Waffles Original (34g)
- GF Waffles Blueberry (34g)
- GF Pancakes (39g)
- GF Cinnamon French Toast Sticks (55g)
- GF Bagels Everything (37g)
- GF Bagels Cinnamon Raisin (39g)
- GF Blueberry Muffin (26g)
- GF Chocolate Chip Muffin (28g)

### Lunch and Dinner Items:

- GF Three Cheese Pizza (37g)
- GF Chicken Tenders (14g)
- GF Chicken Patty (12g)
- GF Chicken Burger (0g)
- GF Hot Dog (33g)
- GF Burrito (37g)
- GF Hamburger (45g)
- GF Haddock (21g)
- GF Manicotti (23g)
- GF Lasagna (30g)

### Dessert Items:

- GF Fudge Brownie (29g)
- GF Cookie (19g)

The numbers that are in the ( ) are the number of grams of carbohydrate in the food item.



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