

WE CARE



Safe cafeteria menu options

Meal	Safe	Questionable
Breakfast	<p>Fruit and fruit juices</p> <p>Eggs; fried, boiled, poached</p> <p>Potatoes: home fries, hash browns, roasted potatoes</p> <p>Cereal: cream of rice, grits</p> <p>Dairy; milk, yogurt, cheese, cottage cheese</p> <p>Meat; bacon, ham</p>	<p>Scrambled</p> <p>Fried potatoes; may be contaminated in fryer</p> <p>Cold cereals unless marked gluten-free</p> <p>Sausage</p>
Lunch or Dinner	<p>Fruit and fruit juices</p> <p>Vegetables: fresh salads – no croutons, steamed, boiled, or sautéed, vegetable juices</p> <p>Main entrees: plain broiled, grilled, or roasted; meat, poultry, or fish, No breading or coating. Stir fry without sauces, Omelets made from fresh eggs, deli meats and cheeses</p> <p>Sides: plain rice, baked, roasted, broiled, mashed potato, sweet potato</p> <p>Desserts: plain ice cream, jello, custard, gelato, canned or fresh fruit</p> <p>Beverages: milk, soda, tea, coffee</p>	<p>Salad dressings ; may contain wheat</p> <p>Stir fry – careful some sauces contain wheat. Marinades and sauces may contain wheat Meatloaf, meatballs, or hamburgers may have fillers</p> <p>French fries; may be contaminated in fryer</p> <p>Puddings may contain wheat flour</p> <p>Shakes and smoothies – may contain malt</p>

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