



Gluten Free Items

Last Revised on **September 7, 2016**

No Wheat, Rye, Oats or Barley!

The following items are considered Gluten Free, unless indicated otherwise:



Fruits:

Fresh, Frozen and Canned in own juice.

If syrup is indicated, check to make sure thickener is corn starch based.

Squeezable Fruit Tubes

Applesauce

Dragon Juice/Sunset Sip Juice Blend

Dole Fruit Bowls, Dole Fruit Parfaits, Dole Fruit Bowls in Gel



Vegetables:

Fresh, Frozen & Canned

Salad Mix

Crispy Vegetable Plate & Dip *

Carrots & Dip *

Celery Sticks & Dip *

(* please see condiments & sauces below)



Dairy:

Milk – Cow's Milk
Yogurt & Greek Yogurt – without Granola
Cheese – USDA Mozzarella Cheese
Land O' Lakes Reduced/Regular Processed Cheese
Pudding – Ready to eat & boxed
Cheese Stick (String Cheese)
Yogurt & Greek – without Granola
Cottage Cheese
Ice Cream (See Snacks Below – Ice Cream/Icy Type Snacks)



Beans/Legumes:

Pinto
Kidney
Garbanzo/Chick Peas/Hummus
Refried Beans
BBQ Baked Beans
Lentils
Vegetarian Beans – Bella Vista



Rice:

White or Brown or Whole Grain



Deli/Sandwich:

(Fillings – check mayonnaise for modified wheat starch)

Chicken Salad, Tuna Salad, Egg Salad

Sliced Cheese

Sliced Ham

Sliced Bologna

Sliced Turkey



Meat:

BEEF

Ground Beef – Plain

Advance Pierre Charbroiled Deluxe Beef Patties (9100)

Advance Pierre Flamebroiled Beef Patties (22811-330)

Advance Pierre Smart Picks Flamebroiled Beef Pattie (Applesauce) (3842)

JTM Beef Meatball (No Soy) (LtG Available) (CP5049)

JTM Reduced Sodium Beef Patty (CP5661)

JTM Reduced Fat & Sodium Beef Taco Filling (CP5250)

JTM 100% Cooked Ground Beef Crumbles (CP5872)

JTM Reduced Fat Beef Sloppy Joe (CP545)

Hofmann All-Beef Franks

Hot Dogs – Beef Franks – Farmland/Gold Medal (Renzi# 23080)

Tyson Beef Patty w/Soy (9780-328)

Tyson Charbroiled Premium Beef Burgers (6285-328)

USDA Beef Crumbles

USDA Ground Beef

CHICKEN

Chicken Roasted – Plain Baked

Tyson Grilled Chicken Fajita Strips(3522-328)

Tyson Diced Chicken Breast Meat (3481-328)

Tyson Unbreaded Grilled Chicken Breast Filet, Red Label (38300-928)

Grilled Chicken/Tyson Glazed, Low Sodium, Chicken Breast Patty (3987-928)

Zweigle's Spinach & Feta Chicken Sausage (8832)

Zweigle's Italian Sausage made from Chicken (8831)

Zweigle's Chorizo Chicken Sausage (8833)

TURKEY

Turkey Roasted – Plain Baked
Jennie-O Turkey Breast/Bacon/Sausage
Jennie-O Turkey Frank – (612869)
Jennie-O & Perdue Turkey Franks
Jones Dairy Farm – Turkey Link Breakfast Sausage (18630)
Jones Dairy Farm – Turkey Patty Breakfast Sausage (18738)
Perdue Turkey Franks – (65669)
USDA Turkey Roast
USDA Oven Roast Turkey Breast Logs (Deli)

PORK

Austin Blues BBQ Pulled Pork
Brookwood Farms - Pit Cooked Pork Barbeque (#12305)
Brookwood Farms – Pork BBQ Chopped (#12307)
Brookwood Farms –**ALL PRODUCTS EXCEPT FOR THE CHILI ARE GLUTEN FREE**
Farmland – Pork Sausage Patty (13816)
Jones Dairy Farm – Sausage Link Skins (18505)
Jones Dairy Farm – Sausage Patty (18750)
JTM Split Italian Sausage (CP5633)
JTM Reduced Fat Pork Taco Filling (CP5205)
JTM Pork Shredded BBQ (CP5416)
JTM Southern Style Sausage Mini Link (CP5653)
Hatfield Sausage, Link, PreCooked, 1oz. (3521)
Hatfield Sausage, Patties, PreCooked, 2oz., (3567)
Hofmann German Brand Franks in Natural Casing
Quantum Foods Seasoned Shredded Pork
Pepperoni
Pork Sausage Patty – River's Edge/Ember Farms
USDA Cooked Ham (A693)

CAUTION! THE MEAT ITEMS LISTED BELOW CONTAIN GLUTEN!!!!:

Advance Pierre – Flamebroiled Beef Patty – **contains TVP/Gluten**
Advance Pierre - Pork Rib Pattie with BBQ Sauce – (3887) - **contains Gluten**
Advance Pierre – Rib B Q – **contains WHEAT/Gluten**
Jennie-O Turkey Store -Pre-Cooked Turkey Taco Meat (2856-28)–**contains Gluten**
MAID RITE - Charbroiled Beef Patties (75156-93427) – **contains Gluten**
USDA Rib Shaped Port Patty–Flame Broiled–Smokie Grill(#3787)/Advance Pierre – **contains Gluten**



Gravy/Soup Bases:

Foothill Farms 079T Turkey Gravy Mix (Precision Foods, Inc.)
G406 TUF Instant Chicken Gravy
Low Sodium Chicken Soup Base (Major Products Company, Inc.)
Chicken Flavored Soup Base (Does NOT include Beef Soup Base)
Soup Base Cream – (Sysco #3990686)
Sauce Mix, Cheese Cheddar, Quick – (Sysco#5486709)
Campbell's Pork & Beans
Pioneer Brand Gluten Free Brown Gravy Mix (Available at Walmart)



Potato:

Baked Potatoes
Idahoan Real Mashed Potatoes
Ore-Ida Hash Browns
McCain Potato Smiles – SKU: OIF03456
McCain/Ore-Ida Potato Nuggets/Fries/Tater-Tots
(AVOID POTATO WEDGES – they contain wheat/gluten)
McCain Hash Browns
McCain Snowflake Crinkle Cut French Fries
McCain Golden Fry Straight Cut Fries
Cavendish Farms Golden Oven Nuggets - #56210 04101
Starz Potatoes (S0026) Lamb Weston
Ore-Ida Oven Ready Crinkle Fries – SKU: OIF00055A
Cavendish Farms Hashbrown Patties - #56210 34500

SWEET POTATO FRIES:

McCain Harvest Splendor Sweet Potato Fries Regular Stix 3/8" (MCF03725)
McCain Harvest Splendor Cross Trax Potatoes (MCF05074)
McCain Harvest Splendor Sweet Potato Thin Stix 5/16" (MCF03731)
McCain Harvest Sweet Potato Splendor Bites Product (MCF05034)
Simplot Sweet Potato Gems
Sweet Things (Lamb Weston) Sweet Potato Mini Tater Puffs (L0094)
Sweet Things (Lamb Weston) Sweet Potato Regular Cut Fries 3/8" (L0092)
Sweet Crinkle Cut (Lamb Weston) 3/8" (L0084)
McCain Harvest Splendor Deep Groove Crinkles – SKU: (MCF04566)
MCF04712 – McCain Harvest Splendor Ridge Cut Wedges
MCF04716 – McCain Harvest Splendor Maxi Cuts 1/4 X 1/2"



Breads/Tortilla's:

Smokewood Taco Tubs

100% Corn Tortillas – NOT FLOUR

100% Corn Tortilla Chips

100% Corn Taco Shells

Mex America – Yellow Corn Tortilla's 6" (10207) – Gem Brokers

Mex America – White Corn Tortilla's 6" (10208) – Gem Brokers



Desserts:

Jell-O

Pudding



Ice Cream/Icy Type Snacks:

HERSHEY'S Ice Cream Novelties:

Banana Cream Tropi-Kool Fruit Bar

Coconut Cream Tropi-Kool Fruit Bar

Mango Tropi-Kool Fruit Bar

Pineapple Tropi-Kool Fruit Bar

Polar Blast Fruit Punch Bar

Strawberry Tropi-Kool Fruit Bar

Lemon Sherbet Cup

No Fat Banana Cream Frozen Yogurt Twister Cup

NF Birthday Cake Yogurt Dessert Cup

NF Birthday Cake Yogurt Twister Cup

NF Cotton Candy Yogurt Twister Cup

NF Raspberry Yogurt Cup

NF Sour Apple Twister Cup

NF Sour Blue Raspberry Twister Cup

NF Vanilla Vanilla Yogurt Cup

Orange Sherbet Cup

Raspberry Sherbet Cup
Ice Cream Cup – LF Vanilla, LF Chocolate
Low-Fat Chocolate Sundae
Low-Fat Strawberry Sundae
Orange Blossom Bar
Seasonal Celebration Cups (Spooky Sundae Dessert Cup, Candy Cane Dessert Cup, Cherry-Vanilla Swirl Cup, Chocolate Mint Dessert Cup & Spring Party Dessert Cup)



Chip Type Snacks:

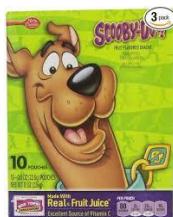
Cheetos – Fantastix! Chili Cheese
Cheetos, Puffs, Reduced Fat
Cheetos, Flamin Hot Puffs - Reduced Fat
Cheetos, Mellow Puffs, Reduced Fat
Cheetos - Fantastix! Flammin Hot Style
Cheetos - Oven Baked, Crunchy Cheese

Smartfood Delight Reduced Fat White Cheddar Cheese Popcorn
Smartfood Delight Sea Salted Caramel Popcorn
Doritos Nacho Cheese, Reduced Fat, Tortilla Chips
Doritos, Cool Ranch, Reduced Fat, Tortilla Chips
Doritos, Flamas, Reduced Fat, Tortilla Chips
(AVOID – Doritos, Spicy Sweet Chili – they are NOT GLUTEN FREE)

Baked Tostitos Scoops Tortilla Chips
Oven Baked Lays – Original
Oven Baked Lays – Sour Cream & Onion

Fritos Original Corn Chips & Scoops Corn Chips
Rice Cakes – All Varieties
Tortilla Chips, Tyson Mexican Original Yellow Stone-Ground

Kelloggs, Cocoa Krispies, Chewy Granola Bar – Chocolate
Kelloggs, Cocoa Krispies, Chewy Granola Bar – Apple Cinnamon
Kelloggs, Cocoa Krispies, Chewy Granola Bar – Berry



Fruit/Vegetable Type Snacks:

Scooby Doo! Fruit Flavored Snacks
MOTT'S Medley's – Assorted Fruit & Mixed Berry
Minute Maid Juice Bars
Fruitables – Apple & Eve
Raisins/Craisins
Celery w/Cream Cheese or Peanut Butter



Breakfast Cereal:

Corn Chex & Rice Chex
Cinnamon Chex
General Mills Kix & Corn Pops
Berry Berry Kix
Trix
Cocoa Puffs
Kellogg's Brown Rice Krispies



Condiments/Sauce:

Spaghetti Sauce (Gov't) – Del Monte
Mustard/Relish/Mayonnaise – Cain's Light
Salsa/Pickles/Olives
Ketchup (Heinz & Red Gold)
Diamond Crystal – Ranch & Italian
Honey Mustard Dip – Diamond Crystal
BBQ Sauce Dip – Diamond Crystal
Ranch Dressing (Foothill Farms)
Fat-Free Ranch Dressing (Ken's)
Fat-Free Italian Dressing (Monarch)
Honey Mustard (House Blend, Ken's)
Cains: Ranch/Italian/Caesar/Honey Mustard
Garlic Parmesan Sauce – Sweet Baby Rays
Boom Boom Sauce – Kens
Caesar Dressing
Promise Vegetable Oil Spread
Margarine (Admiration)
Nacho Cheese Sauce (Unipro)
Jams & Jellies

Maple Syrup
Cranberry Sauce
Peanut Butter
Sour Cream
Cream Cheese
Honey



Beverages:

Cow's Milk (All Varieties)
100% Fruit Juice
Dragon Juice/Juice 4 U/Sunset Sip Juice
Gatorade & G2-Low Cal
V8 V-Fusion 100% Juice
V8 100% Vegetable Juice
V Blend Vegetable/Fruit Juice Blends
100% Tomato Juice
Fruit 66
Switch Beverages



Cooking Sprays:

Non-Stick Coating
Vegalene Spray/Admiration Pan Spray
PAM Foodservice Buttercoat Pan Coating
PAM Original & PAM Butter Spray (**PAM Baking is NOT Gluten-Free**)

Ingredients to **Avoid** on a Label:

Wheat, Rye, Oats, Barley, Modified Food Starch if it cannot be verified to be from corn