

Arlington Public Schools									
Gluten Free Lunch Nutrition Information									
Subject to change based on product availability									
Food Item	Portion size	Calories	Sodium mg	Fiber grams	Carbs grams	Added Sugar	Trans fat grams	Sat fat grams	Notes
Gluten free chicken tenders (brakebush)	3	200	530	0	12	0	0	2.5	Egg, Soybean oil
Gluten free pasta (Barilla)	¾ cup	158	0	4	55	0	0	0	
Udis GF Hamburger Bun	1	240	440	6	44	6	0	0.5	Egg
Still Riding Gluten Free Pizza	1	34	504	2	54	4	0	4	Milk
Toasted Cheese - Udi's White Bread, 2 slices American cheese	1 sandwich	410	665	2	50	4	0	0	Milk, egg
Udi's Gluten Free Bagel	1 bagel	300	520	2	47	5	0	1	Eggs
Udi's Gluten Free Hot Dog Roll	1 roll	190	350	4	34	5	0	5	Egg, soybean oil
Udi's Gluten Free Dinner Roll	1 roll	130	210	4	17	0	0	0	Egg, may contain sesame
Udi's Gluten Free Bagel	1 bagel	300	520	2	47	5	0	1	Egg, soybean oil
Udi's Gluten Free Muffin (Blueberry)	1 muffin	270	250	1	39	0	0	2.5	Egg
Udi's Gluten Free Muffin (Double chocolate)	1 muffin	280	230	2	39	0	0	4.5	Egg
Van's Gluten Free Waffles	2	180	460	1	28	1	0	0	Soy
Van's Gluten Free Pancakes	2	200	260	2	38	3	0	0	Soy
Gluten Free toasted cheese (on 2 slices Udi's Bread, 2 sl cheese)	1 sandwich	410	790	2	50	2	0	9	Egg, milk, soybean oil
Gluten Free sunbutter jelly (on 2 slices Udi's Bread)	1 sandwich	535	665	6	63	10	0	7	Egg, Soybean oil
<p>This information is provided as a service and reflects the best information available to us at the time of print. We do our best to not print this information until we have the latest information, however the Arlington Public Schools Food Service Program does not have the ability to notify or provide updated ingredient information on all substitutions. Manufacturers may change product ingredients without notice.</p> <p>When using the above for more than informational purposes, parents must work with the school nurse to obtain and view specific product labels from the kitchen for each menu item for nutritional and ingredient accuracy.</p> <p>Please consider this when deciding which school meals your child should eat.</p>									

*Labels for gluten free products [here](#)