

GLUTEN



FREE



BREAKFAST

South Dining Hall

- ◆ Gluten Free Bread is available at the deli to make toast in **The Zone**.
- ◆ Scrambled Eggs and other gluten free items are available everyday. Check the menu boards.

The Zone

- ◆ Gluten Free Waffles
- ◆ Gluten Free Oatmeal
- ◆ Check out the cereals for gluten free options

Panther Den

We are able to have a dedicated gluten free work station. Please let us know if your sensitivity level dictates that need.

- ◆ Omelets

LUNCH / DINNER

We are able to have a dedicated gluten free work station and use clean pans/pizza screens in all our dining locations. Please let us know if your sensitivity level dictates that need.

South Dining Hall

- ◆ **The Zone** has Gluten free broth & white rice available at all meals. Add items from the salad bar .
- ◆ We carry Gluten Free bread, buns and pizza crust to make a variety of options at **The Deli**.
- ◆ A gluten free entrée is available at every meal.
- ◆ Most of the vegetable, rice and potato side entrees are gluten free. Check the menu for specific ingredients.

Panther Den

- ◆ We carry Gluten Free bread, buns and pizza crust to make all your Panther Den favorites.
- ◆ French fries can be baked instead of fried—please allow 10 minutes.



Our mission is to make sure that all our students and guests have access to healthy, delicious and nutritious food. Not all of the food we serve would be considered nutritious, but you will always have options.