



Gluten-free foods list

This listing of items available in Seasons Dining Hall is based on currently available information from our vendors as well as from product manufacturers.

We will update this list each semester, or as more information becomes available from our vendors and suppliers.

Each of these items is handled and prepared in a kitchen which works with products containing wheat and other gluten containing products.

Regularly available items -

Each of these items is available on most days in the dining hall. Additional items may also be available.

BREAKFAST

Scrambled Eggs
Scrambled Eggs with Cheese
Scrambled Eggs with Bacon
Scrambled Eggs with Ham
Hard Cooked Eggs
Bacon

Grilled Ham
Hash Browns
Home Fried Potatoes
Tater Tots (when baked, **not fried**)
Omelet Bar (**except sausage**)
Lyonnaise Potatoes

BEVERAGES

Milk
Gatorade
Pepsi fountain products
Hot Cocoa Mix

General Foods International Coffees
Brewed Coffee
Regular & Decaf Lipton Teas

Updated 11/18/2009

STAPLE ITEMS & CONDIMENTS

A-1 Sauce
Butter & Margarine
BBQ Sauce
Hot Sauce
Cheese (all varieties)
Cream Cheese (all varieties)
Grape Jelly
Honey
Hummus
Ketchup
Dijon Mustard
Mayonnaise
Mustard
Peanut butter
Pickles & Pickle Relish
Sour Cream
Pancake Syrup
Pudding (**not** pudding parfaits)
Jell-O

Whipped topping
Vegetable Oil
Olive Oil
Cider Vinegar
Wine Vinegar
Distilled White Vinegar
Salsa
Cranberry Sauce
Sugar, Sweet & Low, Equal
Raisins
Worcestershire sauce
Chocolate Syrup
M&Ms (at ice cream bar)
Chocolate Chips (at ice cream bar)
Yogurt (all varieties)
Cottage Cheese
Apple Sauce
Canned Fruits

SALAD BAR

Fresh vegetables
Fresh and canned fruit
Kidney Beans
Garbanzo Beans
Black Beans
Applesauce
Coleslaw
Potato Salad
3-Bean Salad
Pepperoncini
Tofu
Fat-Free Balsamic Vinaigrette Dressing
Low-Fat Zinfandel Dressing

French Dressing
Lite Raspberry Vinaigrette Dressing
Creamy Italian Dressing
Greek Dressing
Golden Italian Dressing
Russian Dressing
Fat-Free Honey Dijon Dressing
Fat-Free Ranch Dressing
Buttermilk Ranch Dressing
Creamy Caesar Dressing
Parmesan & Peppercorn Dressing
Bleu Cheese Dressing

Updated 11/18/2009

DELI ITEMS

Cheese (all varieties)
Chicken Salad
Turkey Salad
Tuna Salad

Sliced Turkey (plain and oven roasted)
Sliced Ham
Sliced Roast Beef
Egg Salad

GRILL ITEMS

Our hamburgers & hot dogs are gluten-free if eaten without a bun.

Grilled Chicken
Turkey Burger (without bun)

SIDES

White Rice
Brown Rice
Whipped Potatoes
Fresh & Frozen Vegetables
Jasmine Rice
Basmati Rice

PASTA STATION


Marinara Sauce
Bolognese Sauce
Parmesan Cheese
Garlic Butter

MONGOLIAN GRILL

Beef
Chicken
Shrimp
Pork
Sweet & Sour Sauce
Black Beans w/scallions
Red & Yellow Peppers
Mushrooms
Fruit Salsa

Mandarin Oranges
Corn Salsa
Peas
Shredded Carrots
Bean Sprouts
Bamboo Shoots
Baby Corn
Jalapeno Peppers

Menu Items

Items that are considered gluten-free as prepared by our staff will be identified on signs in the servery with the following symbol – 

Additionally available items

These items can be found in the Gluten-Free cabinet next to the microwave. Please take only what you will eat during a regular meal period.

- Rice Chex
- Glutino breakfast bars
- Glutino crackers
- Glutino cookies
- Gluten-free breads
- Gluten-free soups

Gluten-free pasta & pizza are available upon request.

A gluten-free toaster is available at the Checker's Desk. Please return when you are done using.