






# Gluten Free Friendly 2017-2018

Foods labeled with  contain ingredients that are free from gluten\* but the risk of cross contact still remains.

Please contact a manager if you have Celiac Disease or a wheat allergy.

\*Gluten is a protein found in wheat, rye, barley (malt), and triticale.

## Gluten Free Pantry

Blueberry Muffins • Bread  Brownies • Caramel Apple Chewy Bar  
Chocolate Chip Granola Bar • Chocolate Muffins • Cinnamon Raisin Bagel  
Dinner Rolls • Flatbread  Mini Cookies • Hamburger Buns  
Hot Dog Rolls • Plain Bagel  Pretzels  Waffles

## ‘Call Ahead’ Hot Gluten Free Meals

Call ahead at least 30-60 minutes or place order with cashier or manager (20-30 minute wait). Must also complete dietary profile with our Registered Dietitian, Kathryn Szklany, x3284, [kathryn.szklany@oswego.edu](mailto:kathryn.szklany@oswego.edu).

Alfredo Sauce • Cheese Pizza • Cheese Ravioli w/Sauce  
Chicken Tenders  Macaroni & Cheese  Marinara Sauce  
Meatballs  Penne Pasta  Vegetable Lasagna

View nutrition information of menu items on the college's mobile app or online at [www.oswego.edu/diningmenu](http://www.oswego.edu/diningmenu). Gluten free pantry items, gluten free hot meals and daily menu offering nutrition information is available at [www.oswego.edu/dailystandards](http://www.oswego.edu/dailystandards).

 = Vegan (no animal products)

