

# Gluten Free Sample Menu

## UGA Dining Commons



### Breakfast

½ cup scrambled eggs  
1 cup cantaloupe  
1 glass chocolate soy milk

### Lunch

#### Chunky Veggie Chili on Baked Potato

¾ cup marinara sauce (pasta station)  
½ cup kidney beans (salad bar)  
½ cup sautéed squash, tomatoes, onions, and mushrooms (omelet station)  
- Just mix all the items in a large bowl and heat together in the microwave!  
- Serve over an oven baked potato.  
1 glass sweet tea

### Snack

Dip 4 celery sticks and  
4 cucumber slices into  
½ cup hummus (deli)

### Dinner

#### Pineapple Chicken

3 oz grilled chicken breast covered with  
¼ cup pineapple tidbits and  
1 slice Provolone cheese melted on top  
Serve over 1 cup brown rice  
1 cup steamed carrots with  
1 Tbsp honey drizzled on top of carrots  
1 glass soda

### Dessert

#### Banana Split:

1 large banana, sliced lengthwise  
½ cup fat-free vanilla frozen yogurt  
½ cup fat-free chocolate frozen yogurt  
¼ cup pecans  
2 Tbsp chocolate syrup  
1 maraschino cherry

**Total = 2177 calories, 89 g protein, and  
≥75% Daily Value for vitamins & minerals**

### Breakfast

Egg Beater® Omelet with lots of veggies  
1 cup hash browns  
1 cup applesauce  
1 glass skim milk

### Lunch

#### Strawberry Feta Salad

1 cup spinach leaves  
½ cup sliced strawberries  
½ cup bell peppers  
2 Tbsp red onions  
2 Tbsp chopped walnuts  
2 Tbsp feta cheese  
2 Tbsp Greek Vinaigrette  
- Serve with a sweet potato with cinnamon (spice rack) and/or 1 Tbsp brown sugar  
1 glass water

### Snack

Ants on a log:  
Peanut butter & raisins on celery

### Dinner

#### Black Beans and Rice

¾ cup brown rice  
¾ cup black beans  
¼ cup salsa of the day  
1 Tbsp parsley (spice rack)  
- Mix together in large bowl  
- Serve with:  
½ cup steamed broccoli  
1 medium pear  
½ cup peach fruited yogurt

### Dessert

#### Root Beer Float or Chocolate Milk Shake:

½ cup fat-free chocolate frozen yogurt  
¼ cup chocolate milk or root beer  
- stir together in glass

**Total = 2341 calories, 75 g protein, and  
≥75% Daily Value for vitamins & minerals**

