

Managing a Gluten Free Diet at School

What is a gluten free diet?

A *gluten-free diet* is a diet that excludes the protein *gluten*. *Gluten* is found primarily in wheat, rye, and barley. A *gluten-free diet* is essential for managing signs and symptoms of celiac disease and other medical conditions associated with *gluten*.

For special diet modifications, please visit: [Allergy and Special Nutrition Needs](#)



Lunch Options

Cereal Choice
Yogurt and Cheese Stick
Turkey or Ham Rollup
Cheese Nachos
Chicken Nachos
Beef Nachos
Hamburger or Cheeseburger *without bun*
BBQ Pulled Pork
Grilled Chicken Fillet
Cheese Omelet and Cereal
Buffalo Chicken Dip
BBQ Pork with Sauce
Southwest Pasta Salad
Lentil Pasta
Three Cheese Egg Bites
Hummus

Salads made without flatbread or croutons:

Chef Salad
Cobb Salad
Chicken Caesar Salad
Egg or Tuna Salad
Vegetarian Caesar Salad
Vegetarian Chef Salad

Rice (all recipes)
Cheetos (Crunchy or Flamin' Hot)
Funnyuns
Baked Chips (Regular or Sour Cream)
Tortilla Chips
Dorito Chips (Cool Ranch or Nacho Cheese)
Cheddar Popcorn
Rice Krispies Treats (Regular or Chocolate Chip)

Includes choice of fresh fruit, vegetables, 100% juice and 8 oz. milk.

Check out our website for additional A la Carte options

[Menus—Nutritional Information](#)

Breakfast Options

Cereal with:
Cheese Stick
Yogurt
Turkey Sausage Links or Patty
Ham Rollup
Grits
Includes choice of fresh fruit, 100% juice and 8 oz. milk

Side Choices

Baked Beans
Black Beans
Green Beans
Refried Beans
Broccoli (all recipes)
Carrots (all recipes)
Corn (all recipes)
Veggie dippers
Potatoes (all recipes)
Cowboy Salsa
Creamed Spinach
Squash (all except squash casserole)
Roasted Vegetables
Side Salads
Caesar Side Salad without Croutons

Fresh Fruit
Canned Fruit
100% Fruit Juice

