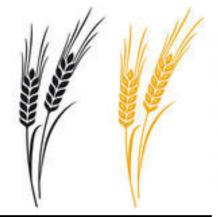
## Managing a Gluten Free Diet at School

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 Nutition Needs



For s	special diet modifications, please visit: <u>Allergy and Specia</u>	1
Lunch Options		
Cer	eal Choice	
Yog	urt and Cheese Stick	
Tur	key or Ham Rollup	
Che	ese Nachos	
Chie	ken Nachos	
	f Nachos	
Han	nburger or Cheeseburger without bun	
	) Pulled Pork	
	led Chicken Fillet	
	ese Omelet and Cereal	
	alo Chicken Dip	
	Pork with Sauce	
	thwest Pasta Salad	
	til Pasta	
	ee Cheese Egg Bites nmus	
Hui	linus	
Sala	ds made without flatbread or croutons:	
oure	Chef Salad	
	Cobb Salad	
	Chicken Caesar Salad	
	Egg or Tuna Salad	
	Vegetarian Caesar Salad	
	Vegetarian Chef Salad	
Rice	e (all recipes)	
Che	etos (Crunchy or Flamin' Hot)	
Fun	yuns	
Bak	ed Chips (Regular or Sour Cream)	
Tor	tilla Chips	
Dor	ito Chips (Cool Ranch or Nacho Cheese)	
	ddar Popcorn	
Rice	e Krispies Treats (Regular or Chocolate Chip)	
Incl	udes 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

