

Gluten Free Diet – Middle School

A gluten-free diet is a diet completely free of gluten, a protein found in wheat, barley, rye, bulgur, durum, farina, graham flour, kamut, matzo flour, semolina, spelt, malts and triticale. A gluten-free diet is the only medically accepted treatment for celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications.

Modifications will be made to meet the dietary need, not taste preferences. A completed Medical Plan of Care, signed by a physician, is required before any changes to the school menu can be accommodated. The following selections are available for lunch to students requiring a gluten free meal.

The student or parent must notify the kitchen supervisor by 9:30 a.m. any day that a lunch is requested to allow the kitchen staff to prepare the gluten free selections. Menu choices for the entire week or month can be submitted.

Featured Meal: The following meals will be available on the day indicated. A request for a gluten free lunch must be made to the kitchen supervisor by 9:30 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger, Cheeseburger, or Grilled Chicken on a Gluten Free Roll Vegetable & Fruit Choices from the Menu Milk	Rice Chex Cereal with Yogurt & 2 Hashbrown Rounds Vegetable & Fruit Choices from the Menu Milk	GF Pasta with Marinara Sauce & 2 Mozz Cheese Sticks Vegetable & Fruit Choices from the Menu Milk	Hamburger, Cheeseburger, or Grilled Chicken on a Gluten Free Roll Vegetable & Fruit Choices from the Menu Milk	Walking Taco Vegetable & Fruit Choices from the Menu Milk
Alternate Entree Choices Available Daily: Berry & Yogurt Parfait with Gluten Free Granola Hummus & Corn Tortilla Chips Entree Salad (no croutons) Ranch and Italian dressings are both gluten free. Served with corn tortilla chips.				
Alternate Entree Choices Available When on the Menu: Loaded Fries with Pulled Pork or Chili Roasted Chicken & Rice Walking Taco Buffalo Chicken Dip & Chips Grilled Chicken Salad (with Chips/No Roll)				
Side Salads: Salads are available daily as a vegetable choice but normally include croutons. A salad without croutons can be available if ordered before 9:30 a.m. on the day needed.				
Dessert: Sherbet, sorbet, and whole fruit swirl cups are all gluten free. If a grain based dessert is offered, a gluten free dessert can be subbed.				

Cafeteria Supervisors:

Park Forest Middle School – Stacy Watkins, 231-1094, sjw21@scasd.org
 Mt Nittany Middle School - Heidi Lose, 272-8555, hnl11@scasd.org