

Gluten Free Diet – Middle School

A gluten-free diet is a diet completely free of gluten, a protein found in wheat, barley, rye, bulgur, durham, 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 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 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 lunch must be made to the kitchen supervisor by 9:30 a.m.				
Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger, Cheeseburger, Deli Turkey, or Grilled Chicken on a Gluten Free Roll	Hamburger, Cheeseburger, Deli Turkey, or Grilled Chicken on a Gluten Free Roll	Hamburger, Cheeseburger, Deli Turkey, or Grilled Chicken on a Gluten Free Roll	Hamburger, Cheeseburger, Deli Turkey, or Grilled Chicken on a Gluten Free Roll	GF Pasta with Marinara Sauce & 2 Mozzarella Sticks
Vegetable & Fruit Choices from the Menu	Vegetable & Fruit Choices from the Menu	Vegetable & Fruit Choices from the Menu	Vegetable & Fruit Choices from the Menu	Vegetable & Fruit Choices from the Menu
Milk	Milk	Milk	Milk	Milk
Alternate Entree Choices Available When on the Menu:				
Walking Taco		Sloppy Joe on GF Roll		Pulled Pork on GF Roll
Buffalo Dip & Chips		Black Bean Dip & Chips		Yogurt Parfait
Toasted Turkey, Bacon, & Cheese on GF Roll				Entrée Salad w/ Fritos
Dessert: Fruit snacks or gluten free chips will be provided if an unsafe dessert is offered on the menu.				

Foods provided contain no gluten ingredients, and district staff take all reasonable efforts to avoid cross-contamination. The SCASD school kitchens are not gluten-free facilities.

Cafeteria Supervisors:

Park Forest Middle School – Stacy Watkins, 814-231-1011 x2125, sjw21@scasd.org

Mt Nittany Middle School – Heidi Lose, 814-231-1011 x2528, hnl11@scasd.org