

## Gluten Free Diet – High School – 2023-24

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 following selections are available for lunch to students requiring a gluten free meal.

The student or parent must notify the kitchen supervisor by 9:00 a.m. any day that a lunch is requested to allow the kitchen staff to prepare the gluten free selections. Entree choices for the entire week or month can be submitted. The kitchen manager will coordinate with the student where and how to pick up the requested gluten-free food items. The student can then make appropriate fruit and vegetable choices from all of the selections available that day.

### **In School Daily Entrée Choices:**

Hamburger or Cheeseburger on GF Roll

Grilled Chicken on GF Roll

Deli Turkey Sandwich on GR Roll

GF Pasta with Marinara Sauce & 2 String Cheese (no meatballs)

Hummus & Tortilla Chips (no pita chips or roll)

Nachos with Taco Meat, Black Beans, and/or Pico de Gallo (no cheese sauce)

Entree Salad w/ Tortilla Chips (no croutons or roll) Ranch and Italian dressings are both gluten free.

Yogurt Parfait

**Available when on the menu:** Sloppy Joe on GF Roll, Bacon Cheeseburger on GF Roll, Buffalo Chicken Dip & Chips, Roast Beef Sandwich on GF Roll, Southwest Chicken Sandwich on GF Roll

**Choose up 2 vegetables, 1 fruit, 1 juice, and a container of milk to complete the meal.**

Baked potatoes, French fries, bean salad, and all raw fruit and vegetable choices are appropriate.

*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 Supervisor:**

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### **Food Service Director:**

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