

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: <http://www.cobbk12.org/centraloffice/studentsupport/schoolhealth/childhas.aspx>



Lunch Options

Cereal (Cheerios, Honeynut Cheerios, or Rice Chex)
Yogurt and Cheese Stick
Turkey or Ham Rollup
Cheese Nachos
Chicken Nachos
Beef Nachos
Hot Dog *without Bun*
Hamburger or Cheeseburger *without bun* (with Bacon at MS/HS)
BBQ Pulled Pork
Chicken Leg (*Mesquite, Buffalo, Ranch, or Chipotle*)
Grilled Chicken Fillet
Cheese Omelet and Cereal
Baked Potato with Cheese, Chicken, or Beef Nacho Meat
Buffalo Chicken Dip
BBQ Pork with Sauce

Salads Made without flatbread or croutons:

Chef Salad
Cobb Salad
Chicken Caesar Salad
Egg or Tuna Salad
Vegetarian Caesar Salad
Vegetarian Chef Salad
Vegetarian Southwest Salad
Vegetarian Asian Salad *made without chow mein noodles*
Made to Order Salads (HS) *without Chicken Tenders or Asian Chicken*
Rice (all recipes)
Cheetos (Crunchy or Flamin' Hot)
Funyuns
Baked Chips (Regular or Sour Cream)
Tortilla Chips
Dorito Chips (Cool Ranch or Nacho Cheese)
Cheddar Popcorn
Rice Krispie Treats (Regular or Chocolate Chip)

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

Breakfast Options

Cereal (Cheerios, Honeynut Cheerios, or Rice Chex) with:
Cheese Stick
Yogurt
Turkey Sausage Links or Patty
Ham Rollup

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

Side Choices

Baked Beans
Black Beans
Green Beans (no Thai Chili)
Refried Beans
Broccoli (all recipes)
Carrots (all recipes)
Coleslaw
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



FUELING STUDENT SUCCESS