

**Gluten Free Diet – Elementary Schools  
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 parent must request modified meals via email to the cafeteria manager and copied to the food service director by 8:00 a.m. each day. –Requests for the full week or month can be submitted to avoid daily communications.

The student will confirm the lunch order each day when the lunch count is taken in the classroom by ordering lunch #1 for the featured entrée listed below or lunch #2 for the alternate entrée listed below.

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

<b>Featured Meal:</b> The following meals will be available on the day indicated.				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Grilled Chicken Sandwich on Gluten Free Roll	Cereal, Yogurt, and Hashbrown	Cheeseburger on Gluten Free Roll	1 cup Rice Pasta & Sauce w/ String Cheese	Deli Turkey Sandwich on Gluten Free Roll
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
<b>Alternate Entree Choice:</b> Yogurt Parfait with Homemade Granola				
<b>Dessert:</b> Fruit roll ups and some varieties of baked chips are gluten free. If a grain-based dessert is offered, an appropriate substitute will be offered.				

*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.*

**Food Service Director: Megan Schaper, 231-5093, mas15@scasd.org**