

## Elementary School **Gluten-Free** Diet Information

Food Group	Allowed	Not Allowed
Classic Lunch Entrees	<ul style="list-style-type: none"> <li>● Burrito on corn tortilla*</li> <li>● Chicken alfredo (NO pasta, with GF bread)*</li> <li>● Cheese nachos</li> <li>● Chicken nuggets (GF)*</li> <li>● Crunchy turkey tacos</li> <li>● GF corn dog ( contains soy and eggs)*</li> <li>● Hamburger/Cheeseburger on GF bun**</li> <li>● Pizza (GF, contains milk and soy)*</li> <li>● Texas tostito pie</li> <li>● Turkey hot dog on GF bun**</li> <li>● Turkey sausage + GF cereal*</li> <li>● Turkey sloppy joe on GF bun**</li> </ul>	<ul style="list-style-type: none"> <li>● Bosco breadsticks</li> <li>● Cheese quesadilla</li> <li>● Chicken nuggets</li> <li>● French toast sticks</li> <li>● Meatball sub</li> <li>● Mini corn dogs</li> <li>● Ocean treasures</li> <li>● Pizza</li> </ul>
Grab n' Go Lunch	<ul style="list-style-type: none"> <li>● Asian chicken salad (NO dressing, NO crunchy noodles)*</li> <li>● Baked potato</li> <li>● BBQ chicken salad</li> <li>● Cobb salad</li> <li>● Guac this way munchable (NO brownie)*</li> <li>● Southwest chicken salad</li> <li>● Yogurt parfait</li> </ul>	<ul style="list-style-type: none"> <li>● EZ Jammer</li> <li>● EZ Jammer munchable</li> <li>● Chicken nugget dippers</li> <li>● Chicken nugget salad</li> <li>● Garlic breadstick</li> <li>● Pizza munchable</li> <li>● Rockin' roll munchable</li> </ul>
Extra Value Meal (EVM) Entrees (not available at LTE or WCHE)	<ul style="list-style-type: none"> <li>● Asian rice</li> <li>● Beef cheesesteak sandwich on GF bun**</li> <li>● Burger sliders on GF bun**</li> <li>● Crunchy chow mein noodles</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken strips</li> <li>● Clux delux sandwich (original, spicy)</li> <li>● Orange Chicken</li> <li>● Pizza roll</li> <li>● Popcorn chicken and biscuit</li> <li>● Selfie pizza</li> <li>● Teriyaki chicken</li> </ul>
Breakfast Entrees	<ul style="list-style-type: none"> <li>● Boiled egg + approved cereal</li> <li>● Breakfast taco (corn tortilla)*</li> <li>● Turkey sausage + approved cereal</li> <li>● Yogurt dipper + approved cereal/granola</li> <li>● Yogurt parfait</li> </ul>	<ul style="list-style-type: none"> <li>● Bacon cheese flatbread</li> <li>● Biscuit</li> <li>● Egg and cheese flatbread</li> <li>● Egg and sausage biscuit</li> <li>● French toast stick</li> <li>● Pancakes</li> <li>● Zee Zee's Strawberry Grahamz</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>● All fruit</li> </ul>	
Vegetables	<ul style="list-style-type: none"> <li>● All vegetables</li> </ul>	
Grains	<ul style="list-style-type: none"> <li>● Apple cinnamon cheerios</li> <li>● Asian rice (EVM)</li> <li>● Cinnamon granola</li> <li>● Cocoa puffs</li> <li>● Fruity cheerios</li> <li>● Gluten-free bread</li> </ul>	<ul style="list-style-type: none"> <li>● Biscuit</li> <li>● Cinnamon toast crunch</li> <li>● Crumb cake</li> <li>● Crunchy Chow Mein Noodles (EVM)</li> <li>● Frosted mini wheats</li> <li>● Garlic breadstick</li> </ul>

\* All listed substitutions and modifications must be planned with dietitian and cafe manager. Please contact Marcie Kissko, RDN at [kisskom@litsdschools.org](mailto:kisskom@litsdschools.org) if your child requires any of these substitutions.

\*\*Gluten-free hamburger and hotdog buns contain eggs.

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	<ul style="list-style-type: none"> <li>● Kix</li> </ul>	<ul style="list-style-type: none"> <li>● Mini muffins</li> </ul>
Milk and Drinks	<ul style="list-style-type: none"> <li>● Bottled water</li> <li>● Juice (all varieties)</li> <li>● Milk (all varieties)</li> </ul>	
Snacks	<ul style="list-style-type: none"> <li>● Chicken jerky</li> <li>● Chocolate pudding</li> <li>● CLIF fruit twists (all flavors)</li> <li>● Lay's kettle cooked chips</li> <li>● Mozzarella string cheese</li> <li>● Pirate's booty</li> <li>● Popcorn Indiana kettle corn</li> <li>● Smartfood white cheddar popcorn</li> <li>● Snikiddy Baked Fries</li> <li>● Strawberry gogurt</li> <li>● Sunflower seeds</li> <li>● Sunrise smoothie</li> <li>● Tostitos tortilla chips</li> <li>● Whole grain rice krispy treat (does NOT contain malt)</li> <li>● Wild white nacho doritos</li> </ul>	<ul style="list-style-type: none"> <li>● Abby's cookies</li> <li>● Cheez its</li> <li>● CLIF Z bars (all flavors)</li> <li>● House-baked cookies (all flavors)</li> <li>● Goldfish crackers</li> <li>● Nutri-grain cereal bars</li> <li>● Remy's grahams (cinnamon, honey)</li> <li>● Strawberry yogurt chex mix</li> <li>● Zee Zee's grahamz</li> </ul>
Frozen Treats	<ul style="list-style-type: none"> <li>● Frozen fruit cups (all flavors)</li> <li>● Fudge frenzy (Rich's)</li> <li>● Mixmi frozen yogurt (all flavors)</li> </ul>	<ul style="list-style-type: none"> <li>● Birthday cake cone (Rich's)</li> <li>● Chocolate shortcake cone (Rich's)</li> <li>● Crumbled cookie cone (Rich's)</li> <li>● Vanilla &amp; chocolate cone (Rich's)</li> <li>● Vanilla sandwich (Rich's)</li> </ul>
Condiments	<ul style="list-style-type: none"> <li>● Italian Dressing</li> <li>● Ketchup</li> <li>● Mayonnaise</li> <li>● Mustard</li> <li>● Ranch dressing</li> <li>● Syrup</li> </ul>	<ul style="list-style-type: none"> <li>● Asian Sesame Dressing</li> </ul>

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