

HBMS Gluten-Free Diet Information

Food Group	Allowed	Not Allowed
Classic	<ul style="list-style-type: none"> ● Cheese nachos ● GF corn dog* (contains soy, eggs) ● GF pizza* (contains soy, milk) ● Turkey sausage 	<ul style="list-style-type: none"> ● Chicken corn dog ● Chicken drumstick ● Chicken strips ● French toast sticks ● Mac and cheese ● Meatball sub ● Mini corn dogs ● Mozzarella cheese sticks ● Red enchiladas
Buc Special	<ul style="list-style-type: none"> ● BBQ pork sandwich on GF bun** ● Beef hot dog on GF bun** ● Big breakfast (NO pancakes, with GF cereal)* ● Chicken fajita tacos on corn tortillas* ● Grilled Chicken Sandwich on GF bun** ● Hamburger/cheeseburger on GF bun** ● Philly cheesesteak sandwich on GF bun** ● Texas cheesesteak nachos 	<ul style="list-style-type: none"> ● Pancakes (Big breakfast)
Fast Fuel	<ul style="list-style-type: none"> ● Asian rice ● GF pizza* (contains soy, milk) 	<ul style="list-style-type: none"> ● Bosco pizza sticks ● Chick-fil-a sandwich ● Clux Delux sandwich (original, spicy) ● Mandarin orange chicken ● Pizza (four meat, cheese) ● Popcorn chicken ● Pork egg roll ● Selfie pizzas ● Vegetable chow mein
Pit Stop	<ul style="list-style-type: none"> ● Asian chicken salad (NO dressing, NO crunchy noodles)* ● Baked potato ● BBQ chicken salad ● Build your own sub ● Chicken caesar salad ● Cobb salad ● Southwest chicken salad ● Yogurt parfait 	<ul style="list-style-type: none"> ● EZ Jammer ● Garlic breadstick ● Pizza (cheese, pepperoni)
Breakfast	<ul style="list-style-type: none"> ● Breakfast taco (corn tortilla)* ● Turkey sausage ● Yogurt parfait 	<ul style="list-style-type: none"> ● Biscuit ● Chicken biscuit ● Chicken sausage bites ● Crumb cake ● Donut holes ● Egg and cheese flatbread ● French toast stick

* all listed substitutions and modifications (GF bread, corn tortillas, etc.) must be planned with dietitian and cafe manager. Please contact Marcie Kissko, RDN at kisskom@litsdschools.org if your child requires any of these substitutions.

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

Last updated: 1/14/19

		<ul style="list-style-type: none"> • Mini muffins • Otis Spunkmeyer muffins • Pancakes • Sausage Biscuit
Fruit	<ul style="list-style-type: none"> • All fruit 	
Vegetables	<ul style="list-style-type: none"> • All vegetables except curly fries 	<ul style="list-style-type: none"> • Curly Fries
Grains	<ul style="list-style-type: none"> • Asian Rice • Apple Cinnamon Cheerios • Fruity Cheerios • Cocoa Puffs • Kix 	<ul style="list-style-type: none"> • Biscuit • Cinnamon toast crunch • Crumb cake • Frosted mini wheats • Garlic breadstick • Mini muffins • Otis Spunkmeyer muffins • Frosted mini wheats
Milk and Drinks	<ul style="list-style-type: none"> • All beverages except cocoa 	<ul style="list-style-type: none"> • Hot cocoa (seasonal)
Snacks	<ul style="list-style-type: none"> • Boom chicka pop • Chicken jerky • CLIF fruit twists (all flavors) • Guacamole • Jif to go peanut butter • Lay's kettle cooked chips • Pirate's booty • Skinny pop popcorn • Smartpop white cheddar popcorn • Snikiddy baked fries • Strawberry gogurt • String cheese • Sunrise smoothie • Tostitos tortilla chips • Whole grain rice krispy treat (does NOT contain malt) • Wild white nacho doritos 	<ul style="list-style-type: none"> • Abby's cookies (all flavors) • Beef Jerky • CLIF granola bars (all flavors) • Cheez Its • Goldfish crackers • Homemade brownies • House-baked cookies (all flavors) • Mini donuts • Nutri-grain cereal bars • Planters fruit and nut trail mix • Stacy's pita chips • Sunchips (all flavors)
Frozen Treats	<ul style="list-style-type: none"> • Blue Bell ice cream cups (all flavors) • Crunch bar • Frozen fruit cups (all flavors) • Mixmi frozen yogurt (all flavors) • Rich's fudge frenzy • Vanilla ice cream bar 	<ul style="list-style-type: none"> • Chips galore sandwich • Cookies n' Cream sandwich • M&M ice cream bar • M&M ice cream sandwich • Neapolitan Sandwich • Rich's ice cream (except fudge frenzy) • Snickers bar • Twix bar • Vanilla sandwich • Vanilla sundae cone
Condiments	<ul style="list-style-type: none"> • Caesar dressing • Italian dressing 	<ul style="list-style-type: none"> • Asian sesame dressing

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	<ul style="list-style-type: none">• Ketchup• Mustard• Mayonnaise• Ranch dressing• Syrup	
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