

LTMS Gluten-Free Diet Information

Food Group	Allowed	Not Allowed
Classic/Pizza	<ul style="list-style-type: none"> ● Cheese nachos ● GF corn dog* (contains soy and eggs) ● GF pizza* (contains milk, soy) ● 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 ● Pizza (cheese, pepperoni) ● 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 milk, soy) 	<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
Salad	<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
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

* 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"> ● French toast stick ● 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
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

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Condiments	<ul style="list-style-type: none">● Caesar dressing● Italian dressing● Ketchup● Mustard● Mayonnaise● Ranch dressing● Syrup	<ul style="list-style-type: none">● Asian sesame dressing
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