

MANAGING A GLUTEN FREE DIET AT SCHOOL



Student Nutrition Services (SNS) will accommodate students that have special dietary needs. In order for a manager to make any changes, we must have a signed ***Diet Prescription For Special Meals*** form. Please contact the SNS Manager at your school site to obtain a copy, or visit our SNS website (www.sdhc.k12.fl.us/sns)

BREAKFAST OPTIONS

Rice Chex Cereal
Scrambled Eggs, Cheese Grits, Sausage Patty
or Potato Babycakes
Dannon Yogurt

LUNCH OPTIONS

Turkey/Ham Chef Salad
Grilled Chicken Chef Salad
Yogurt Munch N Dip
Cuban Pork w/ Rice
Elementary ONLY Cheeseburger (no bun)
Grilled Chicken Sandwich (no bun)
Chicken & Yellow Rice
Turkey Pot Roast w/ Mashed Potatoes
All Beef Hotdog (no bun)

SIDE CHOICES

Assorted 100% Fruit Juice
Assorted Fruit Nuggets
Assorted 8oz Milk
Hot Vegetables
Potato Smiles
Potato Babycakes
Mashed Potatoes
Fresh Fruit Cups
Veggies w/ Lite Ranch Dip
Rice
Assorted Frozen Fruit Pop
Sweet Potato Tots

ALA CARTE OPTIONS

Dill Pickle
Secondary Fruit Snacks
Turkey Snack Stick
Baked Cheetos
RF Doritos Cool Ranch & Nacho
Baked Original Chips
Baked Tostitos Scoops