

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

- Hard Boiled Egg
- Scrambled Eggs
- Rice Chex Cereal
- Trix
- Apple Cinnamon Cheerios
- Yogurt

SIDE CHOICES

- Assorted 100% Fruit Juice
- Assorted 8oz Milk
- Hot Vegetables
- Potato Wedges
- Tater Tots
- Mashed Potatoes
- Fresh Fruit Cups
- Brown Rice
- Crisp Garden Salad
- Sweet Potato Fries

LUNCH OPTIONS

- Turkey/Ham Chef Salad
- Grilled Chicken Chef Salad
- Yogurt
- Mozzarella String Cheese
- Rotisserie Chicken w/ Rice, or Mashed Potatoes
- Roasted Chicken w/ Rice, or Mashed Potatoes
- Roasted Chicken Drumstick w/ Rice, or Mashed Potatoes
- Cheeseburger (no bun)
- Santa Fe Beef Totchos
- All Beef Hotdog (no bun)
- BBQ Pork w/Mashed Potatoes
- Ham and Cheese Roll Ups
- Turkey and Cheese Roll Ups

ALA CARTE OPTIONS

- Secondary Fruit Snacks
- Yogurt
- Baked® Original Chips
- Baked® Tostitos Scoops
- Kelloggs® Rice Krispie Treat
- Popchips®
- Popcorn Indiana® Kettlecorn
- Sunflower Seeds