Gluten Free Diet – High School – 2026-27

A gluten-free diet is a diet completely free of gluten, a protein found in wheat, barley, rye, bulgur, durham, farina, graham flour, kamut, matzo flour, semolina, spelt, malts and triticale. A gluten-free diet is the only medically accepted treatment for celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications.

Modifications will be made to meet the dietary need, not taste preferences. A completed Medical Plan of Care, signed by a physician, is required before changes to the school menu can be accommodated. The selections listed below are available to students who require a gluten free meal.

The student or parent must submit meal requests to the kitchen by 9:30 a.m. to allow time for the kitchen staff to prepare the gluten free selections. (If a gluten free deli sandwich is not being requested, simply skip that section of the form and enter your request in the comments section.)

The kitchen manager will coordinate with the student where and how to pick up the requested food items. The student can make appropriate fruit and vegetable choices from the selections available.

Daily Breakfast Entrée Choices:
Gluten Free Cereal Selections, Gluten Free Bagel (Individually wrapped-COMING SOON),
Gluten Free Bagel or GF Roll Sandwich (whatever is the sandwich filling for the menu that day-COMING SOON)
Assorted GF Muffins-Coming Soon!
Choice 1 fruit, 1 juice, and milk to complete the meal.

Daily Lunch Entrée Choices:
Hamburger or Cheeseburger on GF Roll
Grilled Chicken on GF Roll
Deli Sandwich on GF Roll
Nachos with Taco Meat, Black Beans, and/or Pico de Gallo-New Queso-COMING SOON!
Entree Salad w/ Tortilla Chips (no croutons or roll) Ranch and Italian dressings are both gluten free.

Available when on the menu: Bacon Cheeseburger on GF Roll, Buffalo Chicken Dip & Corn Chips, Roast Beef Sandwich on GF Roll, GF Pasta with Marinara Sauce & 2 String Cheese (no meatballs)

There may be other entrees available on a daily basis that "do not contain gluten". Please know that our kitchen is not a gluten free environment.

Choose up to 2 vegetables, 1 fruit, 1 juice, and a container of milk to complete the meal.

Baked potatoes, French fries(not a dedicated fryer), bean salad, and all raw fruit and vegetable choices are appropriate.

Foods provided contain no gluten ingredients, and district staff take all reasonable efforts to avoid cross-contamination. The SCASD school kitchens are not gluten-free facilities.

Cafeteria Supervisor:
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