

## Gluten Free Diet – Middle School/DELTA – 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. Scan this QR code to access the order form. When prompted to choose the alternate entrée, select “other,” and add your gluten free order in the note section.

At lunch time, the food service employee who is serving meals  
lunch. The student can make appropriate fruit and vegetable  
available.

will provide the requested  
choices from the selections

### **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

Impossible Burger on GF Roll

Grilled Chicken on GF Roll

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, Walking Taco, Roast Beef Sandwich on GF Roll, GF Pasta with Marinara Sauce & 2 String Cheese (no meatballs). Chicken Teriyaki, Fajita Bowls, Taco Tots, SCASD Fil-A Grilled Nuggets and Waffle Fries.

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, 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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### **Food Service Director:**

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