



The Lunch Tray and Beyond: Challenges and Solutions for Gluten-Free Kids

RESOURCE PACKET

School Nutrition Association Annual National Conference 2013

Sunday, July 14, 2013 | 1:15 p.m. Alice

Bast, NFCA Founder and President

Gabriela Pacheco, RON, LD, SNS, School Nutrition Consultant

www.CeliacCentral.org



Resources from the National Foundation for Celiac Awareness

www.CeliacCentral.org

- National Foundation for Celiac Awareness website. Features the most up-to-date research, information, news, recipes, blogs, printable guides, monthly webinars and cooking videos.

www.CeliacCentral.org/kids

- Kids Central, an online community of gluten-free families, uniquely designed to foster self-empowerment and improvement in social, emotional and physical well-being.
- Resources include a 504 Roadmap Plan, gluten-free recipes, kid-friendly gluten-free products and more.

www.CeliacCentral.org/college

- Gluten-Free in College section. Features special publications including a digital magazine, printable guides, a blog series, parenting advice and more.

www.CeliacCentral.org/webinars

- Free monthly webinars on celiac disease, gluten sensitivity and the gluten-free lifestyle, featuring scientific, dietetic and industry experts. Available for continuing education credit.

www.CeliacCentral.org/GREAT

- GREAT Kitchens gluten-free training program. Accredited training for restaurants and chefs, schools, colleges, camps and dietitians.

www.CeliacCMECentral.com

- Free accredited continuing medical education for primary care physicians and other clinicians on the frontlines of diagnosis.

www.GlutenFreeHotProducts.com

- Gluten-free product review blog. Keeps the celiac disease and gluten-free community up-to-date on the latest and greatest gluten-free products available.

www.CeliacCentral.org



Additional Resources

Nutrition Resources

Academy of Nutrition and Dietetics: www.eatright.org

American Academy of Allergy, Asthma, & Immunology: www.aaaai.org

Food Allergy Research & Education: www.foodallergy.org

Food and Drug Administration's Center for Food Safety & Applied Nutrition: www.dsan.tda.gov/dmslwh-alrgy.html

Food and Nutrition Information Center: www.nal.usda.gov/lnic

National Dissemination Center for Children with Disabilities: www.nichcy.org

School Nutrition Association: www.schoolnutrition.org

United States Department of Agriculture: www.fns.usda.gov/cnd/guidance/default.htm

- Special Needs: Modifying Children with Special Dietary Needs: PDF or PPT

The University of Mississippi's National Food Service Management Institute: www.nfsmi.org

- Celiac Disease Fact Sheet: www.nfsmi.org/documentlibraryfiles/PDF/20120327113749.pdf

tt **Gluten-Free Products Available for Schools**

Kettle Cuisine: www.kettlecuisine.wm

- Gluten-free soups

Mr. Sips: www.dimanufacturing.com

- Gluten-free lunch and breakfast boxes, entrees and desserts.

Rich Products: www.richs.com

- Gluten-free snacks, entrees and desserts



Sample Diet Prescription



District School Board of Pasco County
Food and Nutrition Services
Medical Statement for Special Meals

Student's Name: _____ Student's ID Number: _____
Teacher's Name: _____ School: _____

Dear Parent/Guardian and Recognized Medical Authority:

The District School Board of Pasco County participates in the National School Lunch Program (NSLP) and must serve meals meeting the NSLP requirements. Food substitutions must be made for children with a physical or mental disability when supported by a signed physician's statement. Food substitutions may also be made for children with special dietary conditions unrelated to a disability (i.e. some food allergies) when supported by a statement signed by a physician, physician's assistant, nurse practitioner (ARNP), or registered dietitian.

A recognized medical authority must complete the following information.

- Does the student identified have a disability? A disability is defined as a physical or mental impairment which substantially limits one or more major life activities.
 - Yes If yes:
 - a. State and describe the disability. _____
 - b. How does the disability restrict the diet? _____
 - c. What major life activity is affected? _____
 - No If no:

Identify the medical condition (unrelated to a disability) that restricts the student's diet (i.e. food allergies). _____
- List any food(s) to be omitted from the student's diet. _____
- List any food(s) to be substituted. _____
- Describe any textural modification required. _____

Signature of Physician or Recognized Medical Authority (For a disability, a physician must sign) _____ Date _____
Printed Name _____ Office Phone Number _____

Please return completed form to the Food and Nutrition Manager or Nurse at the student's school.
"This institution is an equal opportunity provider."

8107

Courtesy of: Stephanie Spickna/1RD, LD, FNS Nutrition Coordinator, District School Board of Pasco County, FL
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**Lincoln Public Schools
K-5 Gluten Free Lunch Menu
APRIL 2013**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 2	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 3	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 4	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 5	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 6	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 7	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 8	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 9	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 10	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 11	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 12	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 13	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 14	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 15	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 16	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 17	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 18	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 19	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 20	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 21	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 22	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 23	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 24	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 25	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 26	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 27	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 28	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 29	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 30	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 31	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 32	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 33	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 34	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 35	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 36	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 37	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 38	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 39	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 40	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 41	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 42	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 43	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 44	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 45	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 46	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 47	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 48	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 49	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 50	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 51	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
WEEK 52	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

Gluten Free Menu
 *Please note: Beans, Gluten free salad dressings, French, Italian and Teriyaki sauce are also included.

*The entire cafeteria provides a safe environment for students with food allergies. All food items are prepared in a dedicated kitchen. The entire cafeteria provides a safe environment for students with food allergies. All food items are prepared in a dedicated kitchen. The entire cafeteria provides a safe environment for students with food allergies. All food items are prepared in a dedicated kitchen.

**MIDDLE SCHOOL
GLUTEN FREE LUNCH MENU
OCTOBER 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 - California Burger on GF Bun 2 - Entree Salad	1 - Unbreaded Chicken Strips 2 - Entree Salad	1 - GF Pasta w/Meat Sauce 2 - Entree Salad	1 - Baked Potato w/Chesed 2 - Entree Salad	1 - GF Cheese Pizza 2 - Entree Salad
Beef Burrito Casserole w/ GF Dip Choice of Fresh Fruit Infants Chips	Swiss Potato Puffs Fresh Veggies w/ GF Dip Baked Beans Choice of Fresh Fruit	Toasted Salad w/ no dressing w/ GF dressing Baked Beans Choice of Fresh Fruit	Parmesan Potatoes Fresh Veggies w/ GF Dip Choice of Fresh Fruit	w/ GF dressing Baked Beans Choice of Fresh Fruit GF Ice Cream Cup
1 - GF Cheese Pizza 2 - Entree Salad	1 - Beef Taco meat w/ GF Tortilla Chips 2 - Entree Salad	1 - Pepperoni Turkey Burger w/ GF Bun 2 - Entree Salad	1 - GF Pasta w/Meat Sauce 2 - Entree Salad	1 - GF Apple Cheesecake w/ GF Topping
Stirred Corn Fresh Veggies w/ GF Dip Choice of Fresh Fruit	Roasted Potatoes Red Pepper Strips w/ GF Dip Baked Beans Choice of Fresh Fruit	Steamed Broccoli Fresh Veggies w/ GF Dip Choice of Fresh Fruit	Toasted Salad w/ no dressing w/ GF dressing Fresh Veggies w/ GF Dip Choice of Fresh Fruit	Roasted Beans Fresh Veggies w/ GF Dip Choice of Fresh Fruit
1 - Chicken Burger on GF Bun 2 - Entree Salad	1 - GF Chicken Strip w/ Marinara & Parmesan 2 - Entree Salad	1 - Turkey Hot meat w/ GF Bun w/ GF Cheese 2 - Entree Salad	NO SCHOOL	NO SCHOOL
Beef Burrito Fresh Veggies w/ GF Dip Choice of Fresh Fruit	GF Noodles Roasted Potatoes GF Noodles Choice of Fresh Fruit	Sweet Potato Fries Fresh Veggies w/ GF Dip Choice of Fresh Fruit		
1 - GF Cheese Omelet w/ Cheese Sauce 2 - Entree Salad	1 - Beeflo Grande 2 - Entree Salad	1 - BBQ Unbreaded Chicken 2 - Entree Salad	1 - GF Sandwich on GF Bun 2 - Entree Salad	1 - GF Pizza Slides w/ Topping Sauce 2 - Entree Salad
Hatchman Salad Fresh Veggies w/ GF Dip Choice of Fresh Fruit	Assorted Potatoes Baked Beans GF Chips & Salsa Choice of Fresh Fruit	Savory Brown Rice Red Pepper Strips w/ GF Dip Steamed Broccoli Choice of Fresh Fruit	Apple w/ Caramel Fresh Veggies w/ GF Dip Choice of Fresh Fruit	GF Ice Cream Cup Choice of Fresh Fruit GF Ice Cream Cup
1 - California Burger on GF Bun 2 - Entree Salad	1 - Unbreaded Chicken Strips 2 - Entree Salad	1 - GF Pasta w/Meat Sauce 2 - Entree Salad		
Beef Burrito Casserole w/ GF Dip Choice of Fresh Fruit Infants Chips	Swiss Potato Puffs Fresh Veggies w/ GF Dip Baked Beans Choice of Fresh Fruit	Toasted Salad w/ no dressing w/ GF dressing Baked Beans Choice of Fresh Fruit		

*Please note: Beans, Gluten free salad dressings, French, Italian and Teriyaki sauce are also included.



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