



# Celiac Disease and Gluten Intolerance

**Thank you for notifying us that your child has a gluten intolerance.**

**Please be sure to tell us about your child's reaction to gluten, so our staff know what food items your child can and cannot have.**

## About School Meals

Students grab breakfast from our carts as they are on their way to the classroom, and enjoy those foods at their desk. It's important for parents to review the menu with their child. Our staff can help students select from foods offered for each morning. Students use a PIN number at lunch and staff will monitor students trays to make sure they don't take a food item that may cause a reaction.

## What happens next?

Gluten is found in many foods. Having an intolerance to gluten means it's important to watch what you're eating and read food labels carefully. If you tell us your child has an intolerance to gluten, we'll follow these precautions:

- The school nurse, teacher, and cafeteria staff will be notified of the intolerance.
- Your child will be able to ask for help when selecting breakfast each morning.
- Your child's account and PIN number will be used to notify our staff to check the tray at lunch.
- Our staff will help your child avoid ALL foods that contains
- If there is any suspicion your child experiences a reaction to a food allergy, we will seek help immediately.

## What if my child needs other accommodations?

If your child needs a substitution for a gluten-free product such as gluten-free bread, we require a note signed by a physician specifically stating that your child has a gluten intolerance and needs gluten-free bread as a substitution. We are not allowed to make substitutions without such a note.

Interactive menu can be found at <https://spps.nutrislice.com/menu>

Allergens can be filtered in the upper right corner of the screen

Food items containing milk are noted by a



Wheat icon

Additional allergy info can be found on the SPPS Nutrition Services website at <https://www.spps.org/Domain/11228>

For more information, contact Cole Welhaven at 651-523-6328.

If your child has a gluten intolerance, he/she will not be offered



any item that contains the  symbol