

DeSoto County School District Child Nutrition Department

Allergy Information Sheet- "NO GLUTEN (WHEAT)"

PRODUCTS CONTAINING GLUTEN/CANNOT HAVE:

- **ALL BREAD PRODUCTS (WHITE OR WHEAT BREAD):**
 - Bagels, Croissants
 - Biscuits
 - Cornbread
 - Rolls/Buns
 - Sliced Bread
 - Texas Toast
- **ALL BREADED MEAT ITEMS:**
 - Breakfast Chicken Patty
 - Chicken Chunks
 - Chicken Nuggets/Tenders
 - Corndog/ Pancake Wrap
 - Fish Nuggets, Pattie, Catfish
 - Mini Corndogs
 - Spicy Chicken Patty
- **ANYTHING MADE WITH FLOUR**
 - All Pizza (Pizza Dough Also)
 - Blueberry Muffin
 - Breakfast Bagel
 - Breakfast Burrito
 - Breakfast Pizza
 - Brownie Mix
 - Cinnamon Buns
 - Cookies
 - French Toast Sticks
 - Most Cereal
- Pancakes/ Waffles
- Poptarts
- Sausage, Egg, Cheese Bite
- **ALL CRACKER PRODUCTS:**
 - Cheese It Crackers
 - Giant Gold Fish
 - Saltines
- **MISC:**
 - All Noodles / Pasta
 - Asian Seasoning (Fried Rice)
 - Bacon Bits
 - Beef And Chicken Base
 - Cheese Sauce
 - Chips: Popped Crisps Chips
 - Chips: Spicy Sweet Chili
 - Chips: Sunchips
 - Croutons
 - Granola
 - Gravy Mix
 - Mandarin Chicken
 - Meatballs
 - Pork Rib Pattie
 - Soups (Cream Of Chicken And Cream Of Mushroom)
 - Taco Sauce
 - Tortilla Chips

PRODUCTS NOT CONTAINING GLUTEN/CAN HAVE:

- Bacon Base
- Baked Beans
- BBQ Sauce
- Brown Rice
- Chips: Baked Corn Chips, Snack Mix
- French Fries
- Fruits
- Grilled Chicken Patty
- Grits
- Ham/Turkey Slice
- Jello
- Juice
- Mashed Potatoes
- Mustard
- Oatmeal
- Pickles
- Ranch Dressing
- Rice Cereal (Can Order #163)
- Spice Blends
- Tator Tots
- Vegetables (Only Bacon Base)

** This list is not exclusive, always check product information and/or call the office with a question.*

When in doubt, don't hand it out!