

# Back to School Toolkit



*Beyond Celiac thanks Rudi's Gluten-Free Bakery for sponsoring this toolkit!*



[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## See what's inside!

## Page:

|  |    |
|--|----|
| An Overview of the 504 Plan  | 2  |
| The 504 Plan: A Roadmap for the Accommodation of a Student with Celiac Disease | 4  |
| Celiac Disease and the Older Child   | 8  |
| Navigating Everyday Life   | 9  |
| GREAT Training: How It Can Help Your Child Eat Safely at School                | 10 |
| Experimenting with the Gluten-Free Lunchbox                                    | 12 |
| Your Child's Nutrition Needs   | 13 |
| Essentials for Packing the Gluten-Free Lunchbox                                | 14 |
| Printable Shopping List  | 15 |
| Gluten-Free Lunchbox Recipes   | 16 |
| Additional Resources   | 20 |



## Gearing Up for the Gluten-Free School Year Ahead

Living with celiac disease as a child creates unique challenges for both the child and the people who love them. With the school-aged years being the most formative, it's important to make sure kids are kept safe from gluten exposure so they can be healthy and happy, both academically and socially. Beyond Celiac is here to

help make the gluten-free school years as easy as possible for you and your child.

Over the years, Beyond Celiac has gathered tips, tricks and resources from school administration experts, foodservice professionals, parents and others key to making sure a child with celiac disease thrives in the school setting. The result of this knowledge gathering is the Back to School Toolkit. You'll get resources from lunchbox recipes to information on the "504 plan," which puts government protections in place to help you seek formal accommodations for your child.

Sending your gluten-free child back to school can be overwhelming, but you are not alone. Many parents and guardians face and overcome these challenges each and every day. With time and practice, you and your child will become pros at navigating the school system.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## An Overview of the 504 Plan



At Beyond Celiac, we believe that celiac disease shouldn't stand in the way of children living happy lives alongside their peers. Celiac disease does bring unique challenges that parents and students need to navigate on a daily basis. With the help of this toolkit, you can learn to use legal protections that will enable you to seek accommodations to ensure that the school environment does not compromise your child's long-term health and ongoing safety.

### What's a 504 plan?

A 504 plan stems from Section 504 of the Rehabilitation Act of 1973. This section prevents discrimination against public school students in grades K through 12 because of disabilities. A 504 plan is meant to "remove barriers" to learning by providing a specific outline on how to make accommodations or modifications on a student-by-student basis.

### What's the Rehabilitation Act of 1973?

The Rehabilitation Act of 1973 applies to all institutions receiving federal financial assistance, such as public schools. Under this law, public schools *must* provide a free, appropriate public education and not discriminate against disabled students.

This law acknowledges that the disability may not require special education services, but a plan is needed to ensure the student receives an appropriate education accommodating the disability within the classroom. This law must accommodate a special diet, including the gluten-free diet for children with celiac disease.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)





## Does your child need a 504 plan?

This decision is entirely up to you as a parent or guardian. Some parents find that informal discussions and accommodations have been sufficient for having the child's needs met at school. However, having a formal 504 plan in place is valuable, especially as teachers and staffing may change. The 504 plan guarantees by law that your child's needs are met throughout their school career and not just in certain classrooms. You can choose to utilize your 504 plan accommodations at any time and having them in place before you need them can save important time and resources if your child develops symptoms from gluten exposure or if you are having trouble with consistent accountability.

## How do you get a 504 plan started?

To get started, you'll need to contact your child's school. The 504 plan team should include:

- Primary classroom teacher
- School nurse
- 504 plan coordinator
- School counselor or psychologist
- Director of foodservices

You'll also need a doctor's note to show that your child has been formally diagnosed with celiac disease or non-celiac gluten sensitivity ('gluten sensitivity'). This note should outline the accommodations required to maintain your child's health, enabling him or her to have equal access to public education.

## What information is included in a 504 plan?

Generally, you'll need to provide information about your child's diagnosis and needs, including:

- Year of diagnosis
- Amount of time on a gluten-free diet
- Details on why a 504 plan is needed (including how a restricted diet affects a major life activity)
- Child's developmental level and needs (Are they self-reliant in managing the diet? Do they need strict supervision? Etc.)

A 504 plan will specifically outline all of the details of how your child's celiac disease needs to be managed in the classroom. For example, you and the 504 plan team can develop an action plan for:

- Navigating school lunches
- Birthday parties
- Snacks
- Art class

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



The plan will lay out specific accountabilities. Having a 504 plan in place will also make it much easier to apply for disability accommodation in college.



### Where can you learn more about the 504 plan?

To learn more about the 504 plan and how it can help your child, visit [www.Understood.org](http://www.Understood.org).

Understood is an organization that is made up of 15 non-profits that have joined together to support children of parents with learning and attention issues. This group provides in-depth information on

504 plans. Continue reading to learn more about specific accommodations that could help your child in the classroom.

## The 504 Plan: A Roadmap for the Accommodation of a Child with Celiac Disease

Now that you know how a 504 plan can be used to help your child in the classroom setting, it's time to think about the actual accommodations that your child will need. The below is a guide to the types of information and accommodations that can be incorporated into a 504 plan. Each child has different needs, so use this as a jumping off point for your specific situation.

### Must Haves

- Written documentation of celiac disease and the list of prohibited foods (see Beyond Celiac's free [Getting Started: A Guide to Celiac Disease and the Gluten-Free Diet](#) for a list of common unsafe ingredients)
- Snack bag at school (allergen-friendly snacks can be shared with children that have food allergies. Check out Enjoy Life and Dr. Lucy's cookies)
- Hand sanitizer

### Overview of the Child's Condition

Provide the child's history with celiac disease:

- Year of diagnosis
- Amount of time on a gluten-free diet

Basis for the determination of the disability:

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



- Refer to letter from doctor initiating the 504 plan

Disability that affects a major life activity:

- Restricted diet, gluten-free

Child's developmental level and needs:

- Self-reliance for the student in managing their diet and disease. This fluctuates individually and developmentally. Some indicators of a child's readiness: The student is always able to visually recognize the allergen in all its hidden forms or part of another food (starch, malt, play dough, etc.).  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student is always able to read labels for gluten.  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student is always able to verbally communicate body discomfort associated with a reaction.  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student always knows to wash his/her hands well with an approved soap and warm water before eating.  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student always knows to eat only food brought from home (if arranged).  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student always knows not to trade food with classmates and adults.  
\_\_\_\_\_ Yes \_\_\_\_\_ No
- The student always understands how a safe food may be exposed to cross-contact with gluten.  
\_\_\_\_\_ Yes \_\_\_\_\_ No

### Goals of the 504 Plan: Examples

1. Adhering to all aspects of the 504 plan to avoid gluten.
2. Assisting the child to maintain a stable physiological state void of gluten reactions through preventative measures.
3. Recognizing the signs of a reaction and treating it promptly in all school contexts.
4. Striking a balance between safety and social normalcy, providing the same opportunities and conditions as the child's peers and offering encouragement to the child.
5. Encouraging open and ongoing communication among adults about food intolerance issues and doing so discreetly and in the appropriate forum.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## Part F of the 504 Plan: Food Allergy Education, Awareness and Reaction Prevention

The basic question to be answered and discussed in this section of the 504 plan: What kind of training needs to take place to promote education, awareness and reaction prevention in the school context?

Types of Education, Awareness and Reaction Prevention:

- Label reading
- Proper hand washing
- What is cross-contact and how can it be avoided?
- Effective table and desk washing with appropriate chemicals and materials
- Positive role modeling (Example: A positive role model would not make statements to parents and students such as, “We cannot have a holiday party because of “Suzy Celiac” and her food allergies. A positive role model would say, “We are going to have a holiday party and we will make it fun and safe for everyone.”)
- Promotion of positive self-esteem for child with celiac disease
- Promotion of peer support for child with celiac disease

### Communication Management

- Parent and teacher will work together to monitor classroom events that may include the use of food.
- An alternative to using food treats for students’ birthdays can be selected.
- Class activities using envelopes will be minimized and child reminded not to lick any stickers in class.
- Student should be allowed bathroom privileges when necessary.
- Student must be careful with use of the following materials for classroom projects or completely avoid their use: play dough, paper mache, fruit loops and other gluten-containing food, pasta, flour, paste, and stamp adhesives. Hands and surfaces must be completely washed after the use of these materials. Parents will provide a list of alternative materials if the class plans to use any of these materials.
- The teacher will communicate with parents about upcoming projects that may require alternative foods or materials.

### Art Room

- Food will not be distributed in the art classroom.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



- Products commonly used in the art room will be reviewed to determine that they are gluten-free. Any changes in art products will be communicated prior to instituting the change (for example, paper mache and play dough).
- Student must be careful with use of the following materials for classroom projects or completely avoid their use: play dough, paper mache, fruit loops and other gluten-containing food, pasta, flour, paste, and stamp adhesives. Hands and surfaces must be completely washed after the use of these materials. Parents will provide a list of alternative materials if the class plans to use any of these materials.

### Foodservices

- Food handling procedures that introduce gluten-free foods and prevent cross-contact are essential. Beyond Celiac has a training program in place for schools called GREAT Schools, Colleges and Camps. More information can be found at [www.greatGFkitchens.org](http://www.greatGFkitchens.org).
- Assimilation: A goal of this is to assimilate the child into the regular structures of the school.
- Separate is often unequal and kitchens are encouraged to have students on a gluten-free diet have the same choices as other students, just in a gluten-free version.
- It is the parents' responsibility to review food and approve items.
- The kitchen then is responsible to appraise parent of changes.
- Some options tried by other schools:
  - All side items are gluten-free
  - One day a week one entrée is gluten-free but available for everyone.
  - Bring in quick items to substitute: hamburger buns or pizza crust.
- Parent and Foodservices will work together to arrange procedures when student is ordering school lunch or bringing food from home that will require heating in the cafeteria (for example, warming in the oven on a separate foiled cookie sheet).





### Field Trips

- Teachers will communicate to parent if food will be provided as part of field trip. Parent will determine whether food is gluten-free and/or provide student with a safe alternative. Parents will have the option of keeping a child home if no provisions can be made without penalty to the student.

### Nurse or Medical Department

- Faculty and staff training regarding the plan.
- Provide presentation and or information to staff and class on celiac disease and the gluten-free diet.

### Other Topics to Be Considered in This Section

- Safety snack box provided by the family to be kept in classroom
- Birthdays
- After school events such as pizza night: consider utilizing one of the many companies now providing gluten-free options (don't forget to double check cross-contact policies!).
- Holiday parties

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



- In case of reaction: access to bathroom.
- Emergency kits: If your school has kits for emergencies or evacuation, then what supplies will be provided for those on a gluten-free diet and by whom?

## Celiac Disease and the Older Child

Once your child is out of elementary school, there are new challenges that require research, communication and diligence.

Some of those challenges are listed here, but your child's network will have individualized needs.

### In the Cafeteria

Regardless of whether you choose to send lunch or seek foodservice accommodations for your child's school, he or she will be exposed to risks every day.

- **Sending Lunch:** Even though you send lunch every day, your child may wish to purchase additional food at school if they have access to loose change. Make sure your child can identify packaged foods that may be available in the school cafeteria or vending machines that are labeled gluten-free.
- **Purchasing Lunch:** If you are lucky enough to have safe gluten-free options available in the cafeteria, make sure your child is comfortable having "the talk" with foodservice staff, since mistakes can easily happen in a fast-paced environment when you are serving hundreds of meals an hour. Coach your child in asking questions without apologizing or feeling like an imposition. Make sure your child knows that it's always important to check visual cues to ensure that the meal is gluten-free.

### Sports, Music and Extracurricular Activities

The coach, teacher or group leader is your ally when it comes to structured travel.

- Give the group leader a copy of our [Getting Started Guide](#) so that they fully understand your child's needs.
- Provide a list of packaged products that your child (and the rest of the group) enjoys.
- Offer a list of both local and chain restaurants that your child frequents so they can consider hosting celebrations at a safe location.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



- Practice the elevator speech. As your child gets older and is able to better communicate his or her needs, it is appropriate to revisit the conversation.
- Always, always send backup. Backup that your child actually likes. Backup that can keep your child nourished when under extra pressure and expending extra energy. Make sure there is backup for the backup.

### **Dances, Proms and Catered Events**

It will be much easier to navigate catered events by talking directly with the foodservice manager or caterer. Find the contact at your school that is addressing the meal options. Ask for:

- A copy of the menu
- Name, phone number and email address of foodservice manager on location
- Name, phone number and email address for someone who your child can speak with onsite during the event (from the school)
- Name of foodservice staff caterer assigns to oversee your child's meal preparation and delivery

You must determine if they have the ability to understand clear instructions on what and how to serve your child and the importance of getting it right.

- Ask about the options available and how they are prepared.
- If you are uncomfortable with the answers, ask if they would considering bringing in a single-serving frozen food that could be prepared in a microwave in the package.
- Ask if your child can be served first so that if there is a problem, there is time to correct it before the event is over. Always have your child bring a nutritionally dense back up just in case.
- Always bring backup.

### **Navigating Everyday Life**

Developing an elevator speech will help your child to become confident in talking about his or her needs. This can also be an opportunity to educate people within your child's network. Revisit your child's elevator speech over time so that it will develop as your child's knowledge and comfort level increase.

### **Anatomy of the Elevator Speech**

- I have celiac disease, it can be serious.
- I usually can't share food that other people make or bring.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



- But I can... (examples, eat some foods that are wrapped in packages, share what I've brought, eat fruits and vegetables, etc.)
- If I am exposed \_\_\_\_\_. This can be delicate if you have a symptomatic child who may be embarrassed or who could embarrass other children by providing too much information. Gender will likely play a role in your older child's comfort in discussing the consequences of gluten exposure. Role play comfortable ways to talk about what happens when your child is exposed. Asymptomatic children might have an especially hard time explaining why they can't even have a little.

## **GREAT Training: How It Can Help Your Child Eat Safely at School**

As a parent, you want your child to feel included at school *and* be able to eat safely. Beyond Celiac has the solution: GREAT Schools, Colleges and Camps, an adaptation of our popular GREAT Kitchens program.

### **What is GREAT Schools, Colleges and Camps?**

Beyond Celiac is proud to offer the GREAT Schools, Colleges and Camps program, a comprehensive training course designed to teach foodservice professionals how to safely prepare gluten-free food for kids living with celiac disease. Short for Gluten-Free Resource Education and Awareness Training, GREAT Schools is designed to teach school nutrition professionals how to properly source gluten-free ingredients, prevent cross-contact, serve students safely and more.



[www.BeyondCeliac.org](http://www.BeyondCeliac.org)





### Should you talk to your child's school about gluten-free training?

Each parent or guardian will feel differently about their child eating in the school cafeteria. Some want their child to feel included and think a school must learn to safely prepare gluten-free food. Others expressed concern about cross-contact and their fears that their child will get sick. Still others noted that cafeteria food is generally unhealthy in their school district and would prefer to pack a lunch for their child because of it.

Whatever your feelings about your child eating in the school cafeteria, it's important to know that you have options. If you'd like your child to be able to eat in the cafeteria, GREAT Schools can be the solution to offer to the school district and add a layer of comfort for you and your child. You can be confident that this educational program can provide tools to keep your child safe from gluten exposure.

### How does GREAT Schools training fit into a 504 plan?

If you have or are creating a 504 plan for your child, you can request that the school completes GREAT Schools training and seek GREAT Accreditation, meaning that the school has successfully passed the course and proved that they are implementing their learnings from the training in their day-to-day work. The school may or may not agree to complete the training and accreditation program. Do note that the cost of the program is just \$100 for a manager.

If the school does not wish to complete training, it may be helpful to find parents of other gluten-free students and students with food allergies to support you. Having an increased demand for safe options may help the school to see the benefit of training, which is relatively inexpensive.

### Why would my child's school be interested in GREAT Schools?

Recently, the U.S. Department of Agriculture (USDA) mandated that foodservice workers who manage and handle meals would need to complete education and training requirements in order to maintain their position. The requirement to maintain professional standards education, which is required by the Healthy, Hunger-Free Kids Act, went into effect on July 1, 2015. Completion of the GREAT Schools program helps school nutrition professionals meet this requirement.

You can remind your child's school that completing the GREAT Schools training program does benefit both your child and the cafeteria staff in maintaining the necessary education to work in school foodservice. For



[www.BeyondCeliac.org](http://www.BeyondCeliac.org)





reference, you can point schools to the [final ruling on maintaining professional standards as mandated by the USDA here](#).

### Where can you learn more about GREAT Schools?

Beyond Celiac has two places where you can learn more about the GREAT Schools program:

- For information geared towards parents and guardians, visit [www.BeyondCeliac.org/GREATKitchens](http://www.BeyondCeliac.org/GREATKitchens).
- For information geared towards foodservice professionals, visit [www.greatGFkitchens.org/courses/great-schools-colleges-camps](http://www.greatGFkitchens.org/courses/great-schools-colleges-camps).

You or your child's school can also contact Beckee Moreland, Beyond Celiac Director of GREAT Kitchens, at [bmoreland@BeyondCeliac.org](mailto:bmoreland@BeyondCeliac.org) for more information.

### How can you share the GREAT Schools training program with your child's school?

Use the link above to share GREAT Schools with your child's school. Or, print and share the GREAT Schools Informational Handout, found at the end of this toolkit.

### Experimenting with the Gluten-Free Lunchbox

It's easy to get into a rut when gluten-free products are so expensive and there are so many things that won't taste fresh after sitting in a lunch box all day. When more than one adult in the house is shopping, it can also get tricky to keep it straight. These tips will help you break out of the lunchbox rut:

- Spend two weeks experimenting with new products and recipes. Have three envelopes in the kitchen for your child to cut out labels and distribute in envelopes labeled "like it," "love it," "hate it." Don't forget to experiment with raw fruits and veggies, too.
- Get creative with spreads, dips, jams, etc. Just keep them contained in something that is truly airtight (for extra protection, store in plastic bag). Make sure they are labeled gluten-free on the package when you purchase.
- If you have a picky eater or a child who needs to gain weight after their diagnosis, nutritional shakes, power bars and calorie powders can pack a punch. Make sure they are labeled gluten-free. Consult with a registered dietitian to help with your meal plan.
- When you find a winning combo, send enough with your child to share. That will show your child's peers that gluten-free food is not "weird" and your child will have the opportunity to feel part of the group.

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## Your Child's Nutritional Needs

Students on a gluten-free diet have special nutrition needs. People with celiac disease do not absorb nutrients well and nutrient deficiencies are common until the body starts to heal and recover.

In addition to these nutrient deficiencies upon diagnosis, the typical gluten-free diet is often lacking in certain nutrients. Because gluten-free foods are not required to be fortified with iron and B vitamins, like foods made with wheat flour are, this contributes to the lack of nutrients in the gluten-free diet. Manufacturers are beginning to understand this need and a few are starting to fortify their gluten-free products. When making purchasing decisions, consider choosing fortified gluten-free options when possible. Another nutrition concern relates to those who eat gluten-free products that are highly-processed and derived from low-nutrient foods.

### Healthy Options Combat Nutrient Deficiencies in the Gluten-Free Diet

|                    |  |
|--------------------|--|
| Iron               | Beef, poultry, fish, leafy greens, fortified gluten-free grains and cereals                            |
| Vitamin B (Folate) | Leafy greens, broccoli, cauliflower, beets, lentils, fortified gluten-free grains and cereals          |
| Vitamin B12        | Beef, fish, low-fat dairy, eggs, fortified gluten-free grains and cereals, fortified nutritional yeast |
| Fiber              | Fruits, vegetables, gluten-free whole grains, beans, nuts and seeds                                    |

## Packing a Gluten-Free Lunchbox: Shopping Checklist

- Cheese: Brie, Monterey Jack, and Swiss
- Eggs
- Fruit: apples, bananas, strawberries, blueberries, raspberries
- Gluten-free deli meat
- Gluten-free granola (if oats are tolerated)
- Gluten-free pasta
- Gluten-free salad dressing or oil and vinegar
- Honey
- Hummus
- Jelly or other fruit jam/spread
- Mayonnaise and mustard (use a squeeze bottle to prevent cross-contact in a shared kitchen)
- Nuts
- Peanut or almond butter
- Rudi's Gluten-Free Bakery Deli Style Bread
- Rudi's Gluten-Free Cherry-Almond Bars
- Rudi's Gluten-Free Multigrain Bread
- Rudi's Gluten-Free Original Bread
- Rudi's Gluten-Free Spinach Tortillas
- Spices/herbs (salt, pepper, cilantro, parsley, etc.)
- Soup: homemade or labeled gluten-free
- Veggies: carrots, celery, lettuce, tomatoes and bell peppers
- Yogurt
- 

### Tip:

**Have your kids pack their lunch with you the night before school. It's a great opportunity to teach them about ingredients & label reading!**

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



Write additional grocery store needs here:

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## Gluten-Free Lunchbox Recipes

Courtesy of our sponsor, Rudi's Gluten-Free Bakery

### Spinach Tortilla Hummus Wrap

#### Ingredients:

- 3 Rudi's Gluten-Free Spinach Tortillas
- 2 cups sprouts
- 3 oz. Monterey Jack cheese
- 1 cup natural hummus

#### Directions:

1. Steam tortillas to make them more pliable.  
(Alternative: place a damp paper towel over tortillas and microwave for 15 seconds)
2. Once warm, divide and spread hummus evenly over tortillas.
3. Divide and spread sprouts evenly over tortillas and hummus. Press down slightly to hold.
4. Cut cheese into thin slices and place over tortillas.
5. Roll up tortillas and slice into bite size pieces.



### Open Faced Caprese Sandwich

#### Ingredients:

- 4 slices Rudi's Gluten-Free Original Sandwich Bread
- 1 ½ Tbsp. olive oil
- 4 Heirloom tomatoes, sliced
- 1/2 lb. fresh mozzarella cheese, sliced
- 10-12 fresh basil leaves
- Salt and pepper to taste

#### Directions:

1. In a saucepan over medium heat, combine 1 Tbsp. olive oil with minced garlic and sauté for 1-2 minutes.
2. Reduce heat, place bread in saucepan until one side is grilled and coated with the olive oil and garlic mixture.
3. Transfer bread onto a plate, grilled side up.
4. Layer slices of mozzarella and tomatoes with basil leaves on top of the bread.
5. Drizzle with balsamic vinegar and remaining olive oil. Sprinkle with salt and pepper to taste.



[www.BeyondCeliac.org](http://www.BeyondCeliac.org)





## Turkey Reuben

### Ingredients:

- 8 slices Rudi's Gluten-Free Bakery Deli Style Bread
- 4 (3/4 oz.) slices Swiss cheese
- 1 cup sauerkraut, drained
- 8 oz. roasted turkey breast, sliced thin
- 3 Tbsp. whole grain gluten-free mustard

### Directions:

1. Toast the bread slices on medium in a toaster oven. Remove and place cheese on 4 slices of the bread. Place cheese-topped bread back in toaster oven for another minute.
2. While the cheese is melting, spread about 2 tsp. mustard on the remaining bread slices. Top with 2 oz. of the turkey and 1/4 cup sauerkraut. Place the bread slices with melted Swiss on top, slice in half on the diagonal and serve.



## Egg Salad Sandwich

### Ingredients:

- 2 slices of Rudi's Gluten-Free Multigrain Bread
- 3 eggs, hard boiled
- 1/2 red bell pepper, chopped
- 2 leaves romaine lettuce
- 1 Tbsp. fresh cilantro, chopped
- 1 Tbsp. fresh parsley, chopped
- 1/4 cup mayonnaise
- 1 Tbsp. fresh lemon juice
- Salt and freshly ground pepper to taste

### Directions:

1. Chop up hard boiled eggs or lightly mash them in a mid-sized bowl. Add mayonnaise and mix gently until eggs are well coated.
2. Mix in bell pepper, lemon juice, cilantro, parsley, salt, and pepper.
3. Place egg mixture on one slice of toasted Rudi's Gluten-Free bread. Top with fresh lettuce and cover with second slice of bread. Serve immediately.



## Berry Yogurt Parfaits with Cherry Almond Granola

### Ingredients:

- 4 Rudi's Gluten-Free Cherry-Almond bars, crumbled (1 cup)
- 1 ¼ cups low-fat vanilla yogurt
- 1 ½ cups mixed berries (blueberries, raspberries and quartered strawberries)
- 2 tsp. honey



### Directions:

1. In each of four parfait glasses, spoon 2 Tbsp. yogurt, 2 Tbsp. crumbled bar, ¼ cup berries, another 2 Tbsp. yogurt, 2 Tbsp. berries, and any remaining granola.
2. Drizzle each parfait with 1/2 tsp. honey. Serve immediately, or cover with plastic wrap and refrigerate for up to 3 hours before serving. To keep cool until lunch time, place an icepack in your child's lunchbox.

## Grilled Apple and Cream Cheese Sandwich on Cinnamon Raisin Bread

### Ingredients:

- 2 slices Rudi's Gluten-Free Cinnamon Raisin Bread
- 2 oz. brie or cream cheese
- ½ apple, sliced thin
- 1 tsp. honey

### Directions:

1. Assemble the sandwich by taking one slice of bread and spreading the brie across the top.
2. Add on the apple slices and then drizzle honey over the top.
3. Finish off by adding the second slice of bread to the top and place on a grill on medium heat for 3 minutes on each side.



## Italian Inspired BLT

### Ingredients:

- 2 slices Rudi's Gluten-Free Original bread
- 2 oz. (3-4 thin slices) prosciutto, ham or turkey
- 1 cup arugula
- ¼ cup grape tomatoes, halved
- 1 Tbsp. creamy balsamic vinaigrette
- Salt and pepper, to taste

### Creamy Balsamic Vinaigrette:

- ¼ cup plain Greek yogurt
- ¼ cup balsamic vinegar
- 2 Tbsp. olive oil
- 1 Tbsp. Dijon mustard
- 1 Tbsp. honey
- Salt & pepper, to taste

### Directions:

1. Prepare the crispy prosciutto or other lunchmeat by preheat your oven to 350°F, place the prosciutto on a cooling rack which is set on top of a baking sheet, and bake for 6-8 minutes per side, or until crispy. Set aside on paper towels to drain. Alternatively, you could cook it in a pan on the stove top over medium low heat until crispy.
2. Prepare the Creamy Balsamic Vinaigrette by combining all ingredients in a bowl or jar and shaking or whisking until combined and smooth. Adjust seasoning with salt and pepper.
3. Assemble the sandwiches by first tossing together in a bowl the arugula, tomatoes, and Creamy Balsamic Vinaigrette, and seasoning with salt and pepper, if desired. Lightly toast two slices of your favorite Rudi's Gluten-Free Bread. Top one slice with the arugula mixture, layer on the prosciutto, and top with the second slice of bread.



[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## Southwest Quinoa Chicken Wrap

### Ingredients:

- 1 [Rudi's Gluten-Free Spinach Tortilla](#)
- 5 strips [grilled](#) chicken
- ¼ cup quinoa, cooked
- 3 leaves lettuce
- ½ cup cabbage, chopped
- ¼ avocado, sliced
- ½ cup corn
- ¼ onion, chopped
- ¼ cup sun-dried tomatoes
- ¼ cup black beans



### Directions:

1. Shred or cut chicken strips into smaller pieces and set aside.
2. Cook quinoa according to manufacturer's instructions. For extra taste, cook in gluten-free chicken broth.
3. In a bowl, combine quinoa, beans, corn, onion, and sun-dried tomatoes and mix together.
4. Spoon quinoa mixture onto tortilla. Top with sliced avocado, cabbage shreds, chicken, and lettuce.
5. Roll the tortilla up and slice in half for a healthy, gluten-free meal!

## Additional Resources

### Beyond Celiac Webinars

[Back to School Special: GREAT Schools Lead to GREAT Learning Environments](#)

[Kids Central Special: Packing the Gluten-Free Lunchbox](#)

[Back to School: Preparing to Educate School Administrators on the Importance of Gluten-Free](#)

### Articles and Blogs

["Know Your Food Allergy Rights: U.S. Schools" from Allergic Living](#)

["It's Never Too Early to Start" – Tips from Beyond Celiac President & CEO Alice Bast, featured in Allergic Living](#)

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



“Is Your Child Embarrassed about Having Celiac Disease? Here’s What to Do”

“Gluten Bullying: What You Can Do,” by Jenny Basselin of Gluten Free Birmingham

### **Beyond Celiac Blogger Ambassadors**

Beyond Celiac’s Blogger Ambassadors have a wide range of expertise in managing celiac disease and the gluten-free diet. For Blogger Ambassadors that have a child-related content, visit:

- Celiac and Allergy-Friendly Epicurean (C.A.F.E.) by Jackie Ourman
- Gluten-Free Philly, by Michael Savett
- Vegetarian Mamma, by Cindy Gordon
- GlutenAway by Taylor Miller

Meet all of Beyond Celiac’s Blogger Ambassadors at [www.BeyondCeliac.org/BloggerAmbassadors](http://www.BeyondCeliac.org/BloggerAmbassadors).

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)

