

Back to School in Gluten-Free Style

Sample Lunch Plan

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sandwich Choose your child's favorite toppings on GF bread.</p> <p>Popcorn Popcorn is an awesome addition to a quick and easy lunch. You can buy individual bags such as Smartfood, Boom Chicka Pop, or Pirate's Booty.</p> <p>Apple Fruit is always a great option and it is always GF!</p> <p>Gluten-Free Cookie There are many options for GF treats. While GF cookies can be a little pricy, remember a serving size is only 2 or 3 cookies. Our favorite brand is Glutino, though Aldi's makes one that is a very close second!</p>	<p>Homemade Lunchable Using your child's favorite lunch meat, cheese, and GF crackers create their own homemade lunchable. Be sure the lunchmeat is GF. Oscar Myer clearly labels which products are GF and when in doubt Boars Head is always GF. GF crackers are available in many styles at your everyday grocery store.</p> <p>Carrot Sticks Veggies are always a perfect GF option.</p> <p>Pudding Cup Most brands are gluten-free, always double check the label.</p>	<p>Chicken Nuggets There are many varieties of GF chicken nuggets available. Trader Joe's makes a variety that is made from real chicken breasts, Ian Foods make a tasty variety, or make a batch of your own.</p> <p>Grapes Fruit is always GF!</p> <p>String Cheese Generally cheese is GF. An exception would be certain brands of blue cheese.</p> <p>GF Brownie There are quite a few GF brownie mixes on the market or watch for try our GF brownie recipe, really easy and no one will ever guess it is gluten free!</p>	<p>Chicken Salad Quick and easy to make, chicken salad is great on GF crackers, GF bread or on its own!</p> <p>Chips Many brands are GF, but to stay on the safe side, choose a brand that is certified GF, such as Kettle Brand. Many Frito-Lay brands claim to be GF and a list can be found on their website.</p> <p>Fruit Cup Make your own or purchase a package. Fruit cups are GF, but always read the label to make sure there are no added ingredients.</p>	<p>Hot Dogs Many hot dog brands are GF including Applegate, Hebrew National, and Nathan's. Serve with a GF bun or cut up with ketchup for dipping.</p> <p>Go-Gurt Yogurt in a tube is fun and doesn't require a spoon! This fun treat is GF, but read the label to ensure no ingredient changes. Dairy Free? Try a squeezable pouch of applesauce or other fruit combo!</p> <p>Cucumber Sticks Since Veggies are always GF, include some bite sized portions of your child's favorite.</p>

****These are only suggestions. I am not a medical professional. If you have Celiac disease or gluten sensitivity always read the label before purchasing a product. Ingredient lists change over time.

**** All of these items can easily be adapted for those who choose to eat organic and/or non-gmo food. Check out our review of Thrive Market for an awesome way to purchase GF and organic products at a discount.

