



TRIED & TRUE GLUTEN-FREE LUNCH BOX IDEAS

From NFCA's 2011 Back to School Webinar:

Importance of School Nurse Education & How-To Strategies for Parents of Gluten-Free Kids

Understandably, lunch is usually the biggest challenge for gluten-free kids. But with creativity and planning, it doesn't have to be! Of course, leftovers are always an option but give one of these fun, gluten-free lunch recipes a try too:

- **Peanut Butter & Jelly on Cinnamon Raisin Bread**
 - Sneak in a few chocolate chips, thin apple slices or even banana slices for an added surprise!
- **Pizza**
 - Try topping a gluten-free pizza crust or bagel with your child's favorite veggies, meats or cheeses for a delicious treat, served warm or cold.
- **Chicken Nuggets**
 - Substitution tip: First, dry out a few slices of your favorite gluten-free bread (like Rudi's!). Then, grind the bread into crumbs and mix with your favorite gluten-free cereal to create delicious breadcrumbs for the chicken nuggets.
- **Chicken Waldorf Salad**
 - Does your child have a sophisticated palate? This salad can be eaten right from the container or made into a sandwich with gluten-free bread at lunchtime. The recipe includes mayo and yogurt, so be sure to use ice packs to keep this sandwich fresh, tasty and safe.
 - Direct Link: <http://tinyurl.com/3galqeh>
- **Sweet Potato and Avocado Sandwich with Poppy Seed Spread**
 - A good recipe for kids who prefer to eat vegetarian! This recipe calls for mayo, so use ice packs to keep it fresh and safe.
 - Direct Link: <http://tinyurl.com/4xhhfu0>

For more gluten-free recipes & tips, including cooking videos, visit:

www.CeliacCentral.org/gluten-free-diet/