

Made without gluten individual items available at **Center Court** in Williams

Brownies/Bars  
Cookies

Available in **Center Court**, these are sold by package

Glutino Chocolate Wafers  
Glutino Lemon Wafers  
Koyo Brown Rice Chips  
Schar Chocolate Dipped Cookies  
Enjoy Life Chewy Coco Loco Bars  
Quaker Oats – Mother’s – Rice Cakes  
Mary’s Gone Crackers “Oatmeal” Raisin Cookies  
Annie’s Fruit Snacks  
Mrs. Leepers Boxed Meals (Creamy Tuna, Beef Stroganoff, Beef Lasagna, Mac and Cheese)  
Blue Diamond Nut Thins  
Glutino pretzels  
General Mills Chex cereal  
Kellogg’s Rice Krispie cereal  
Post Fruity Pebbles cereal

Available in **Geisert Dining Hall**

Quinoa, Brown Rice, Wild Rice  
Plain grilled chicken breast  
Turkey Burger  
Made without gluten ingredients cookies, wafers, crackers, rice cakes  
Dried Fruit  
Cereal – Rice Chex, Rice Krispies, Fruity Pebbles  
Made without gluten ingredients frozen desserts  
Made without gluten ingredients bread

Made without items available at **Geisert** and **Williams/Center Court** – these are asked for upon request, please call Mary Smith at Geisert 677-1257 or Johnnie Leemon at Williams 677-1976 at least 30 minutes prior to meal pick up time for pasta or pizza.

French Meadow Bakery tortillas (for wraps)  
Heartland pastas  
Made without gluten ingredients pizza crusts  
Amy’s Frozen Meals (Bean and Cheese Burrito, Brown Rice and Veggie Bowl, Santa Fe Enchilada Bowl, Rice Crust Cheese Pizza).

Disclaimer: **Only you can determine if these food products listed are truly safe to enjoy for a severely food allergic individual. Any and all information taken from this list must be verified by you to determine if it is safe to enjoy. The above list does not certify any product to be free of trace food allergens. We do not do independent testing nor do we rely on others to independently verify information we receive from the manufacturer. We rely solely on the manufacturers' letter / ingredient label as to the ingredients or absence of ingredient and cross-contamination or absence of cross-contamination of their products. Despite taking necessary precautions, cross contamination may still occur in the dining halls as they use allergen containing foods on a daily basis.**

To verify their manufacturing and packing practices meets your individual needs, we recommend to call the food manufacturer, state your food allergies and ask about:

- (1) If the product is run on a dedicated manufacturing and packing lines.
- (2) The possibility of cross-contamination in the manufacturing process.
- (3) The possibility of cross-contamination in the packing process.
- (4) The possibility of trace amounts of any of your food allergies.
- (5) If product is cultured on any foods you are allergic to.
- (6) If the manufacturer receives letters of certification from their raw supplier as to the absence of trace food allergens.

**\*\*This is not a complete list, updates will be made periodically.**

**\*\*If you cannot find these options in your dining hall please ask your dining hall manager, they will be happy to assist you! 😊**

**\*\*If you have specific gluten free food requests please talk your dining hall manager or contact Danielle Gehrke, RD, LDN Dining Services Wellness Director for assistance.**

**\*\*If you would like a personalized menu please contact Danielle Gehrke, RD, LDN Dining Services Wellness Director for assistance.**