

Special Sack Lunches must meet the requirements for the standard sack lunches with the following changes implemented:

VEGETARIAN LUNCH

Vegetarian sack lunches shall be prepared for the *Ovo-Lacto vegetarian classification level and shall consist of the same quantities and items as regular sack lunches. Non-meat protein substitutes such as vegetarian lunch meats require prior approval and shall be used on a limited basis in vegetarian sack lunches.

***Definition:** Ovo-Lacto Vegetarian – This is the most common form of vegetarianism. Ovo-Lacto vegetarians do not eat meat, chicken, fish or flesh of any kind, but do eat eggs and dairy products. Sub-categories are Ovo vegetarians that eat eggs but not dairy products, while Lacto vegetarians eat dairy products but not eggs.

GLUTEN-FREE LUNCH

If gluten-free lunches are requested, all items contained in the lunch must be gluten-free and must adhere to the specs listed herein. Gluten-free lunches shall consist of the same quantities and items as regular sack lunches.

***Definition:** Gluten-free – A gluten-free diet is a diet that excludes foods containing gluten. Gluten is a general name given to the storage proteins (prolamins) present in wheat, rye, barley, and oats. Gluten is also used as a food additive in the form of flavoring, stabilizing or thickening agent, often as “dextrin”. A gluten-free diet is the only medically accepted treatment for celiac disease, the related condition dermatitis herpetiformis, and wheat allergy. The storage proteins of corn and rice do not contain prolamins and are not harmful to individuals with celiac disease. Foods labeled as gluten-free in Canada and the U.S. do not allow the presence of any gluten-containing ingredients, such as wheat starch.

Several grains and [starch](#) sources are considered acceptable for a gluten-free diet. The most frequently used are [corn](#), [potatoes](#), [rice](#), and [tapioca](#) (derived from [cassava](#)). Other grains and starch sources generally considered suitable for gluten-free diets include [amaranth](#), [arrowroot](#), [millet](#), [montina](#), [lupin](#), [quinoa](#), [sorghum](#) (jowar), [taro](#), [teff](#), [chia seed](#), and [yam](#). Various types of [bean](#), [soybean](#), and [nut flours](#) are sometimes used in gluten-free products to add [protein](#) and [dietary fiber](#). Almond flour is a low-carbohydrate alternative to flour, with a low glycemic index. In spite of its name, [buckwheat](#) is not related to wheat; pure buckwheat is considered acceptable for a gluten-free diet, although many commercial buckwheat products are actually mixtures of wheat and buckwheat flours, and thus not acceptable. [Gram flour](#), derived from [chickpeas](#), is also gluten-free (this is not the same as [Graham flour](#) made from wheat).

**Gluten Containing Foods
and Ingredients**

Atta (chapatti flour)
Barley (flakes, flour, pearl)
Beer, ale, lager
Breeding and bread stuffing
Brewers yeast
Bulgur
Couscous
Croutons
Dinkel (also known as spelt)*
Durum
Einkorn
Emmer

Farina
Farro or Faro (also known as
spelt)
Fu
Graham flour
Hydrolyzed wheat protein
Kamut*
Malt, malt extract, malt syrup
and malt flavouring
Malt vinegar
Malted milk
Matzoh, matzoh meal
Modified wheat starch

Oatmeal, oat bran, oat flour
and whole oats
Pastas
Rye bread and flour
Seitan
Semolina
Spelt (also known as farro or
faro, dinkel)*
Triticale
Wheat bran
Wheat flour
Wheat germ
Wheat starch