



# Gluten Free

## WHAT CHOICES ARE THERE FOR YOU?

### FOOD COURT AT REBER-THOMAS:

1. Simple Servings: a station serving lunch and dinner, seven days per week, with foods free of all common allergens (except fish). You will have an entrée, a vegetable, and grain or starch. We also offer Sun Butter and a small salad bar at this station.
2. Gluten-free buns and loaf bread are also available here. We have a separate toaster and panini press for these items, along with small cups of jelly and peanut butter.
3. The toaster, panini press, and waffle iron are self-service, but we encourage all students to keep this area gluten-free.
4. Gluten-free waffle mix, waffle iron, and cereals are also available in the designated gluten-free severing areas in the dining hall.
5. Gluten-free desserts are available in a case on the gluten-free counters.
6. All fries and breakfast potato products are cooked in same fryer with other breaded items and are unable to remain gluten-free.
7. Wellness Zone offers gluten-free tortilla chips since there is no gluten-free chip option at Sparky's Cantina.
8. Please see the digital menu boards or food identifiers at each station before taking a dish. The screens will list the recipe title, nutritional breakdown, and list any of the top eight allergens.

### RETAIL:

Our students have the option to add a GIO exemption on their meal plans. All GIO meal options are made with gluten-free foods and procedures. Look for the GIO symbol on menu boards and signs at our locations around campus or view a list of options at [LibertyDining.com](https://www.libertydining.com)

All food supervisors, chefs, and managers have been trained to identify food allergens and how to avoid cross-contamination.

**\*This list is subject to change throughout the school year. For the most accurate information, please speak with our dietitian.**