



# Gluten Free

## WHAT CHOICES ARE THERE FOR YOU?

### THE REBER-THOMAS DINING CENTER:

1. Allergen Friendly: A station that serves breakfast, lunch, and dinner, Monday through Friday, and lunch and dinner on weekends, with foods free of all common allergens (except fish). You will have an entrée, vegetable, and grain or starch. We also offer a small salad bar at this station.
2. Gluten-free buns and loaf bread are also available. We have a separate toaster and panini press for these items, along with a separate toppings bar.
3. Gluten-free waffle mix, waffle iron, and cereals are also available in the designated gluten-free serving areas in the dining hall.
4. Gluten-free desserts are available in a case on the gluten-free counters.
5. All fries and breakfast potato products are cooked in the same fryer with other breaded items and are unable to remain gluten-free.
6. Wellness Zone offers gluten-free tortilla chips since there is no gluten-free chip option at the Mexican Cantina.
7. 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 Gluten Intolerant Options (GIO) exemption on their meal plans. All GIO meal options are made with gluten-free foods and steps are taken to avoid cross-contact. 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://libertydining.com)

Please note the cauliflower crust pizza at MozzaMia does not meet our GIO plan standards at this time.

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.**