

# Celiac Kids Of Grand Rapids

## Bowling and School Lunches

### August 15, 2007

Present: Michelle Bouterse Deb Driscoll Jill Fausey Catherine Gage Kristy Huber Laurie Johnson Chris Koch Cindy Pratt Susan Sargent Rachel Spears Nancy Spears Rebecca Stocking

We had a Sack Lunch Meal before we bowled. Things that people packed and suggested for their lunches were:

#### **Microwaveable meals:**

TGI Fridays Potato Skins  
Hormel Chicken & Rice  
Dinty Moore Beef Stew  
Brown Rice (60 sec.)

#### **Sandwiches:**

**Roll-Ups:** Turkey/Cheese/Mayo/Spinach Roll-up on corn or rice tortilla  
Chicken Salad, Diced Green Onion, Tomato, Cucumber and Green Goddess Dressing  
Any lunchmeat on corn tortilla

**Recommended Breads:** Kinnikinnick Brown Rice Bread

EnerG Bread  
Chebe Bread Stix  
Homemade

#### **Fillings:**

Ham And Cheese  
Peanut Butter and Jelly  
Tuna Fish  
Oscar Mayer Bologna and Heinz Ketchup

#### **Fruit/Veges:**

Banana  
Cherries  
Melon  
Strawberries  
Carrots and Broccoli  
Celery & peanut butter or "Bugs on a Log" (add a few raisins on the top)  
Carrots and Lighthouse Ranch Dip/Dressing

**Snacks:** Yogo Rollers, Strawberry  
Lay's Stax -Naturally gluten free flavors  
Lay's Chips  
Peanuts, other nuts  
Trix Yogurt  
Coco Loco Bars from Enjoy Life  
Envirokidz Bar  
Sour Cream and Onion Potato Chips  
Chips—most flavors of Doritos, Potato Chips are gluten free  
Veggie Crisps by Eat Smart (Snyders)  
Snickerdoodles  
GF Crackers/cream cheese/Hormel Pepperoni  
***Homemade GF Trail Mix:***  
GF Cereal or animal Crackers  
Chocolate Chips  
Raisins  
GF pretzels  
(optional: peanuts)

**Other Ideas—**

Leftovers: Cold Fried (GF Cornflake Coated) Chicken Legs and Potato Salad  
Corn Tortilla pizzas-(pepperoni and cheese)  
Corn Spaghetti with Sauce  
Tinkyada Noodles with Tuna and Mayo  
Rice Spaghetti Salad (cold)  
Egg Salad or Tuna Salad Stuffed in a tomato  
Cottage Cheese and Fruit  
Taco Salad on Corn Chips  
Sushi Rice Balls With Minced Veggies and Meat  
Chebe Bread around Hot Dogs on a Stick  
A Bunch of Nibbles—cut up veggies, fruit, lunchmeat, and a dip (Hummus or Ranch)

**September 15<sup>th</sup>** is a **Family Taco Party** at the church from 12-3. During the meeting time, kids will be able to play table games and play in the gym. Adults will discuss the plans for the school year meetings. Hopefully, we will have copies of 504 plans and how to approach that topic at the school.

Meeting notes by Nancy Spears.