

Supper and Snack GF

GLUTEN FREE SUPPER				
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Coins 10 Each	Wowbutter Cup x2 & 1 Jelly	Cheese Cubes or Cheese Stick	Yogurt	Bean & Cheese Dip
Tostitos Tortilla Chips	2x GF Bread	Tostitos Tortilla Chips	Honey Nut Cheerios or Chex Cereal	Tostitos Tortilla Chips
Veggie or Salsa Cup	Veggie	Veggie	Veggie	Salsa Cup
Fruit	Fruit	Fruit	Fruit	Fruit
White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk
GLUTEN FREE SNACK				
Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Yogurt	Cheese Cubes	Sunflower seeds	Bean Dip or Salsa	Cheese Stick
			w/ Tostitos Tortilla Chips	
Fruit	Fruit	Fruit	Fruit	Fruit
White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk	White or Chocolate Milk
Juice of day	Juice of day	Juice of day	Juice of day	Juice of day

Week 1
2 MMA
1WG
Vegetable
Fruit
Milk
Week 1
2 MMA
1WG
Fruit
Beverage