

**Supper and Snack EF**

EGG FREE SUPPER				
Monday	Tuesday	Wednesday	Thursday	Friday
Bean & Cheese Burrito or Grilled Chz	Chz Pizza Pack or Chicken Sandwich	Wowbutter Sandwich w Chz Stick	Yogurt & Seeds	Bean & Cheese Dip
			Chex Mix Chocolate	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
EGG FREE SNACK				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>				
Nutrigrain Bar or Pop Tart or Cinnamon Toast Crunch Bar	Cheese Cubes or Cheese Stick	Chex Mix Chocolate	Bean Dip or Salsa	Yogurt
			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
NO Ham & Chz Pack, No Turkey & Chz Pack, NO Turkey Pepp Pack, NO BB Muffin				

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