

Supper and Snack DF

DAIRY FREE SUPPER				
Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Medallions	Sunflower Seeds x2	Hummus Cup x2	Bean Dip x2 No Cheese	Sunflower Seeds x2
Tostitos Tortilla Chips Veggie	Blueberry Muffin (IW)	Tostitos Tortilla Chips	Tostitos Tortilla Chips	Chocolate Chex Mix
Fruit	Veggie	Veggie	Salsa Cup	Veggie
White or Chocolate SOY or DF	Fruit	Fruit	Fruit	Fruit
	White or Chocolate SOY or DF	White or Chocolate SOY or DF	White or Chocolate SOY or DF	White or Chocolate SOY or DF
DAIRY FREE SNACK				
Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
Cinnamon Toast Bar or Pop Tart	Blueberry Muffin (IW)	Chocolate Chex Mix	Bean Dip or Salsa	Sunflower seeds
			w/ Tostitos Tortilla Chips	
Fruit	Fruit	Fruit	Fruit	Fruit
White or Chocolate SOY or DF	White or Chocolate SOY or DF	White or Chocolate SOY or DF	White or Chocolate SOY or DF	White or Chocolate SOY or DF
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