

24th WSJ Gluten-Sensitive Meal Kit Menu

17-Jul

#1 DINNER
Hamburger Bun
GF Udi Roll
Roasted Potato
Ketchup / Mustard / Relish
Chocolate Pudding
Crystal Light
Self Heating Bag

18-Jul

#1 BREAKFAST
GF French Toast
Bacon
Butter and Syrup
Apple
Grape Juice
Milk
Self Heating Bag

#1 LUNCH
Sunbutter
Rice Cracker
Granola Bar
Apple
Mango Pineapple Trail Mix
Kid's Kind Bar
Lemonade

#2 DINNER
Sliced Turkey
Mixed Vegetables
Roasted Potatoes
GF Dinner Roll and Butter
GF Carrot Cake
Crystal Light
Self Heating Bag

19-Jul

#2 BREAKFAST
GF Blueberry Muffin
Apple Cinn Cereal
Applesauce
Apple
Orange Juice
Milk

#2 LUNCH
Chicken Salad
Rice Cracker
Pirate Booty White Ched Puff
Orange
Sunflower Seed
Vanilla Pudding
Fruit Punch

#3 DINNER
Hamburger Bun
GF Roll
Potato Chips
Apple
Cole Slaw
GF Chocolate Chip Cookie
Ketchup and Mustard
Crystal Light
Self Heating Bag

20-Jul

#3 BREAKFAST
Egg Patty
Bacon
American Cheese
GF Wrap
Orange Juice
Milk
Self Heating Bag

#3 LUNCH
Lemon Pepper Tuna
Rice Cracker
Lance PB Crackers
Raisins
Energizer Trail Mix
Clif Bar
Peach Tea

#4 DINNER
Grilled Chicken Breast
Roasted Potatoes
Mixed Vegetables
Dinner Roll and Butter
GF Oatmeal Raisin Cookie
Crystal Light
Self Heating Bag

24th WSJ Gluten-Sensitive Meal Kit Menu

21-Jul

#4 BREAKFAST
Egg Patty
Turkey Bacon
American Cheese
Peppers and Onions
GF Tortilla
Orange Juice
Milk
Self Heating Bag

#4 LUNCH
Beef Jerky
Pop Chips
Kind Bar
Apple Sauce
Sweet n Salty Mix
Chocolate Pudding
Fruit Punch

#5 DINNER
Grilled Chicken
Marinara Sauce
GF Penne Pasta
GF Dinner Roll and Butter
Potato Chip
GF Brownie
Crystal Light
Self Heating Bag

22-Jul

#5 BREAKFAST
GF Blueberry Muffin
Apple Cinn Cereal
Applesauce Cup
Apple
Orange Juice
Milk

#5 LUNCH
PBJ
Rice Crackers
Veggie Straws
Mixed Fruit Cup
GF Pretzels
Vanilla Pudding
Lemonade

#6 DINNER
GF Pasta and Marinara
GF Meatballs
GF Dinner Roll and Butter
Tossed Salad and Dressing
Vanilla Pudding
Crystal Light
Self Heating Bag

23-Jul

#6 BREAKFAST
Egg Patty
Turkey Bacon
American Cheese
Peppers and Onions
GF Tortilla
Orange Juice
Milk
Self Heating Bag

#6 LUNCH
Turkey Jerky
Pop Chips
Peach Cup
All Energy Trail Mix
Chocolate Pudding
Fruit Punch

#7 DINNER
Hamburger Bun
GF Udi Roll
Potato Salad
Ketchup / Mustard / Relish
Chocolate Pudding
Crystal Light
Self Heating Bag

24-Jul

#7 BREAKFAST
Egg Patty
Ham
GF Sliced Bread
Peppers and Onions
Sausage Patty
Apple Juice
Milk
Self Heating Bag

#7 LUNCH
Teriyaki Jerky
Pirate Booty White Ched Puffs
GF Pretzels
Sweet and Salty Mic
Welch Fruit Snacks
Peach Tea

#8 DINNER
Roasted Turkey
Roasted Potatoes
Mixed Vegetables
GF Dinner Roll and Butter
GF Carrot Cake
Crystal Light
Cutlery Kit
Self Heating Bag

24th WSJ Gluten-Sensitive Meal Kit Menu

25-Jul

#8 BREAKFAST
Chex Corn Cereal
GF Chocolate Muffins
Orange
Grape Juice
Milk

#8 LUNCH
Lemon Pepper Tuna
Rice Cracker
Granola Bar
Orange
Peanut Almond Mix
Vanilla Pudding
Fruit Punch

#9 DINNER
Grilled Chicken
Roasted Sweet Potato
Mixed Vegetable
Tossed Salad and Dressing
GF Dinner Roll and Butter
Crystal Light
GF Chocolate Chip Cookie
Self Heating Bag

26-Jul

#9 BREAKFAST
GF French Toast
Bacon
Butter and Syrup
Apple
Grape Juice
Milk
Self Heating Bag

#9 LUNCH
Sunbutter
Rice Cracker
Granola Bar
Apple
Mango Pineapple Trail Mix
Kid's Kind Bar
Lemonade

#10 DINNER
Hamburger Bun
GF Udi Roll
Roasted Potato
Ketchup / Mustard / Relish
Chocolate Pudding
Crystal Light
Self Heating Bag

27-Jul

#10 BREAKFAST
GF Blueberry Muffin
Apple Cinn Cereal
Applesauce
Apple
Orange Juice
Milk

#10 LUNCH
Chicken Salad
Rice Cracker
Pirate Booty White Ched Puff
Orange
Sunflower Seed
Vanilla Pudding
Fruit Punch

#11 DINNER
Sliced Turkey
Mixed Vegetables
Roasted Potatoes
GF Dinner Roll and Butter
GF Carrot Cake
Crystal Light
Self Heating Bag

28-Jul

#11 BREAKFAST
Egg Patty
Bacon
American Cheese
GF Wrap
Orange Juice
Milk
Self Heating Bag

#11 LUNCH
Lemon Pepper Tuna
Rice Cracker
Lance PB Crackers
Raisins
Energizer Trail Mix
Clif Bar
Peach Tea

#12 DINNER
Hamburger Bun
GF Roll
Potato Chips
Apple
Cole Slaw
GF Chocolate Chip Cookie
Ketchup and Mustard
Crystal Light
Self Heating Bag

24th WSJ Gluten-Sensitive Meal Kit Menu

29-Jul

#12 BREAKFAST
Chex Mix Cereal
GF Cinnamon Muffin
Orange
Grape Juice
Milk

#12 LUNCH
Beef Jerky
Pop Chips
Kind Bar
Apple Sauce
Sweet n Salty Mix
Chocolate Pudding
Fruit Punch

#13 DINNER
Grilled Chicken Breast
Roasted Potatoes
Mixed Vegetables
Dinner Roll and Butter
GF Oatmeal Raisin Cookie
Crystal Light
Self Heating Bag

30-Jul

#13 BREAKFAST
Egg Patty
Turkey Bacon
American Cheese
Peppers and Onions
GF Tortilla
Orange Juice
Milk
Self Heating Bag

#13 LUNCH
PBJ
Rice Crackers
Veggie Straws
Mixed Fruit Cup
GF Pretzels
Vanilla Pudding
Lemonade

#14 DINNER
Grilled Chicken
Marinara Sauce
GF Penne Pasta
GF Dinner Roll and Butter
Potato Chip
GF Brownie
Crystal Light
Self Heating Bag

31-Jul

#14 BREAKFAST
GF Blueberry Muffin
Apple Cinn Cereal
Applesauce Cup
Apple
Orange Juice
Milk

#14 LUNCH
Turkey Jerky
Pop Chips
Peach Cup
All Energy Trail Mix
Chocolate Pudding
Fruit Punch

#15 DINNER
GF Pasta and Marinara
GF Meatballs
GF Dinner Roll and Butter
Tossed Salad and Dressing
Vanilla Pudding
Crystal Light
Self Heating Bag

1-Aug

#15 BREAKFAST
Egg Patty
Turkey Bacon
American Cheese
Peppers and Onions
GF Tortilla
Orange Juice
Milk
Self Heating Bag

#15 LUNCH
Teriyaki Jerky
Pirate Booty White Ched Puffs
GF Pretzels
Sweet and Salty Mic
Welch Fruit Snacks
Peach Tea

#16 DINNER
Hamburger Bun
GF Udi Roll
Potato Salad
Ketchup / Mustard / Relish
Chocolate Pudding
Crystal Light
Self Heating Bag

24th WSJ Gluten-Sensitive Meal Kit Menu

2-Aug

#16 BREAKFAST
Egg Patty
Ham
GF Sliced Bread
Peppers and Onions
Sausage Patty
Apple Juice
Milk
Self Heating Bag

#16 LUNCH
Lemon Pepper Tuna
Rice Cracker
Granola Bar
Orange
Peanut Almond Mix
Vanilla Pudding
Fruit Punch

#17 DINNER
Roasted Turkey
Roasted Potatoes
Mixed Vegetables
GF Dinner Roll and Butter
GF Carrot Cake
Crystal Light
Cutlery Kit
Self Heating Bag

3-Aug

#17 BREAKFAST
Chex Corn Cereal
GF Chocolate Muffins
Orange
Grape Juice
Milk