

24th WSJ Nut-Sensitive Meal Kit Menu

17-Jul

#1 DINNER
Sloppy Joe
Hamburger Bun
Macaroni Salad
Ketchup / Mustard
Chocolate Pudding
Crystal Light
Self Heating Bag

18-Jul

#1 BREAKFAST
Egg Patty
Turkey Bacon
English Muffin
Orange
Yogurt
Apple Juice
Milk
Self Heating Bag

#1 LUNCH
Sunbutter
Crackers
Popcorn
Apple
Chex Mix Traditional
Oreo
Lemonade

#2 DINNER
Sliced Turkey
Mixed Vegetables
Roasted Potatoes
Dinner Roll and Butter
Pound Cake
Tossed Salad
Crystal Light
Self Heating Bag

19-Jul

#2 BREAKFAST
Egg Patty
Turkey Bacon
Tortilla Wrap
Orange Juice
Mixed Fruit Cup
Milk
Self Heating Bag

#2 LUNCH
Chicken Salad
Teddy Grahams
Orange
Sunflower Seed
Vanilla Pudding
Fruit Punch

#3 DINNER
Cheeseburger
Hamburger Bun
Potato Chips
Apple
Potato Salad
Chocolate Chip Cookie
Ketchup and Mustard
Crystal Light
Self Heating Bag

20-Jul

#3 BREAKFAST
Egg Patty
Cheese
Crossiant
Turkey Ham
Apple Juice
Milk
Mixed Fruit
Self Heating Bag

#3 LUNCH
Tuna Salad
Nutri Grain Bar
Raisin
Fritos
Loorna Doone Cookies
Peach Tea

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

24th WSJ Nut-Sensitive Meal Kit Menu

21-Jul

#4 BREAKFAST
Chex Corn Cereal
Corn Bread
Orange
Grape Juice
Milk
Yogurt

#4 LUNCH
Beef Jerky
Pop Chips
Grape Fruit Strip
Apple Sauce
Pop Tart
Fruit Punch

#5 DINNER
Breaded Chicken
Marinara Sauce
Penne Pasta
Dinner Roll and Butter
Apple
Snickerdoodle Cookie
Crystal Light
Self Heating Bag

22-Jul

#5 BREAKFAST
French Toast
Turkey Bacon
Butter and Syrup
Apple
Yogurt
Grape Juice
Milk
Self Heating Bag

#5 LUNCH
Turkey Jerky
Pumpkin Seeds
Mixed Fruit
Pretzels
Chips Ahoy
Lemonade

#6 DINNER
Cheeseburger and Bun
Ketchup/Mustard/Relish
Macaroni Salad
Fritos Corn Chips
Brownie
Mixed Fruit Cup
Crystal Light
Self Heating Bag

23-Jul

#6 BREAKFAST
Blueberry Muffin
Frosted Flakes
Mixed Fruit
Orange Juice
Yogurt
Milk

#6 LUNCH
BBQ Beef Sandwich
Pop Chips
Peach Cup
Popcorn
Chocolate Pudding
Fruit Punch

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

24-Jul

#7 BREAKFAST
Egg Patty
Turkey Sausage Patty
American Cheese
Tortilla Wrap
Apple
Orange Juice
Milk
Self Heating Bag

#7 LUNCH
Teriyaki Jerky
Graham Crackers
Fritos
Pretzels
Rice Kripsy Treats
Peach Tea

#8 DINNER
Roasted Turkey
Roasted Potatoes
Mixed Vegetables
Dinner Roll and Butter
Chocolate Muffin
Crystal Light
Cutlery Kit
Self Heating Bag

24th WSJ Nut-Sensitive Meal Kit Menu

25-Jul

#8 BREAKFAST
Chex Corn Cereal
Corn Bread
Mixed Fruit
Grape Juice
Milk
Yogurt

#8 LUNCH
Sweet n Sour Chicken Sandwich
Nutrigrain Bar
Orange
Goldfish Crackers
Vanilla Pudding
Fruit Punch

#9 DINNER
Grilled Chicken
Roasted Sweet Potato
Mixed Vegetable
Tossed Salad and Dressing
Dinner Roll and Butter
Crystal Light
Cutlery Kit
Self Heating Bag

26-Jul

#9 BREAKFAST
Blueberry Muffin
Cheerios
Mixed Fruit Cup
Apple
Orange Juice
Yogurt
Milk

#9 LUNCH
Sunbutter
Crackers
Popcorn
Apple
Chex Mix Traditional
Oreo
Lemonade

#10 DINNER
Sloppy Joe
Hamburger Bun
Macaroni Salad
Ketchup / Mustard
Chocolate Pudding
Crystal Light
Self Heating Bag

27-Jul

#10 BREAKFAST
Egg Patty
Turkey Bacon
American Cheese
English Muffin
Orange
Yogurt
Apple Juice
Milk
Self Heating Bag

#10 LUNCH
Chicken Salad
Teddy Grahams
Orange
Sunflower Seed
Vanilla Pudding
Fruit Punch

#11 DINNER
Sliced Turkey
Mixed Vegetables
Roasted Potatoes
Dinner Roll and Butter
Pound Cake
Tossed Salad
Crystal Light
Self Heating Bag

28-Jul

#11 BREAKFAST
Egg Patty
Turkey Bacon
Tortilla Wrap
Orange Juice
Mixed Fruit Cup
Milk
Self Heating Bag

#11 LUNCH
Tuna Salad
Nutri Grain Bar
Raisin
Fritos
Loorna Doone Cookies
Peach Tea

#12 DINNER
Cheeseburger
Hamburger Bun
Potato Chips
Apple
Potato Salad
Chocolate Chip Cookie
Ketchup and Mustard
Crystal Light
Self Heating Bag

24th WSJ Nut-Sensitive Meal Kit Menu

29-Jul

#12 BREAKFAST
Egg Patty
Cheese
Crossiant
Turkey Ham
Apple Juice
Milk
Mixed Fruit
Self Heating Bag

#12 LUNCH
Beef Jerky
Pop Chips
Grape Fruit Strip
Apple Sauce
Pop Tart
Fruit Punch

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

30-Jul

#13 BREAKFAST
Chex Corn Cereal
Corn Bread
Orange
Grape Juice
Milk
Yogurt

#13 LUNCH
Turkey Jerky
Pumpkin Seeds
Mixed Fruit
Pretzels
Chips Ahoy
Lemonade

#14 DINNER
Breaded Chicken
Marinara Sauce
Penne Pasta
Dinner Roll and Butter
Apple
Snickerdoodle Cookie
Crystal Light
Self Heating Bag

31-Jul

#14 BREAKFAST
French Toast
Turkey Bacon
Butter and Syrup
Apple
Yogurt
Grape Juice
Milk
Self Heating Bag

#14 LUNCH
BBQ Beef Sandwich
Pop Chips
Peach Cup
Popcorn
Chocolate Pudding
Fruit Punch

#15 DINNER
Cheeseburger and Bun
Ketchup/Mustard/Relish
Macaroni Salad
Fritos Corn Chips
Brownie
Mixed Fruit Cup
Crystal Light
Self Heating Bag

1-Aug

#15 BREAKFAST
Blueberry Muffin
Frosted Flakes
Mixed Fruit
Orange Juice
Yogurt
Milk

#15 LUNCH
Teriyaki Jerky
Graham Crackers
Fritos
Pretzels
Rice Kripsy Treats
Peach Tea

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

24th WSJ Nut-Sensitive Meal Kit Menu

2-Aug

#16 BREAKFAST
Egg Patty
Turkey Sausage Patty
American Cheese
Tortilla Wrap
Apple
Orange Juice
Milk
Self Heating Bag

#16 LUNCH
Sweet n Sour Chicken Sandwich
Nutrigrain Bar
Orange
Goldfish Crackers
Vanilla Pudding
Fruit Punch

#17 DINNER
Roasted Turkey
Roasted Potatoes
Mixed Vegetables
Dinner Roll and Butter
Chocolate Muffin
Crystal Light
Cutlery Kit
Self Heating Bag

3-Aug

#17 BREAKFAST
Blueberry Muffin
Cheerios
Mixed Fruit Cup
Apple
Orange Juice
Yogurt
Milk