



Sample Family Menu

MONDAY

Breakfast	Veggies Made Great Loaded Breakfast Potato Bake + Applegate Turkey Bacon
Lunch	Faith's Famous Quesadilla's with green salad
Dinner	Chef Pina's Beef Stroganoff with noodles or mashed potatoes + crispy asparagus

TUESDAY

Breakfast	Vans Waffles with Applegate bacon
Lunch	Annie's Gluten Free Mac & Cheese with cut up veggies
Dinner	Chef Pina's Chicken Marsala with gluten free white rice

WEDNESDAY

Breakfast	Scrambled eggs with Chef Pina's waffles
Lunch	Udi's, Freschetta or Digiorna gluten free frozen pizza
Dinner	Chef Pina's Chicken Teriyaki with rice

Snack considerations

KinniKritters GF animal cookies
Absolutely Gluten Free flatbread with cheese
Good Crisps
Made Good granola bars
GoGo Squeez applesauce
Welch's GF fruit snacks
Good Health veggie straws
Tostito's GF tortilla chips
Chomps beef jerky sticks
Glutino crackers & Hummus with veggies

THURSDAY

Breakfast	Gluten English Muffin with veggie cream cheese
Lunch	Purdue Gluten Free Chicken Tenders + green salad + Ore Ida Tater Tots
Dinner	Chef Pina's Turkey Pot Pie with parmesan potatoes

FRIDAY

Breakfast	King Arthur pancake mix to make pancakes + Applegate Sausage Links
Lunch	Gluten free deli meat roll ups + veggie straws
Dinner	Chef Pina's Chicken Alfredo + Green salad + side buttered noodles

