

Gluten Free Lunch Boxes (Mr. Sips)

| Food Item | Serving Size | Carbohydrate Grams |
|------------------------------|--------------|--------------------|
| Box 1: | | |
| Chicken Nuggets | 1 container | 20.00 |
| Chocolate Chip Cookie | 1 | 25.00 |
| 6 " Three Cheese Pizza | 1 pizza | 48.00 |
| Hot Dog with Bun | 1 | 49.00 |
| Hamburger with Bun | 1 | 48.00 |
| Turkey Sandwich | 1 | 42.00 |
| Box 2: | | |
| BBQ Chicken Strips | 1 container | 8.00 |
| Nachos and Cheese | 1 container | 47.00 |
| 6" Pepperoni Pizza | 1 pizza | 45.00 |
| Sloppy Joes | 1 | 25.00 |
| M&M Cookie | 1 | 26.00 |
| Ham and Cheese Melt Sandwich | 1 | 44.00 |
| Box 3: | | |
| Chicken Chunks | 1 container | 18.00 |
| BBQ Chicken Pizza | 1 pizza | 55.00 |
| Cheese Melts Sandwich | 1 | 33.00 |
| Cheese Ravioli | 1 container | 5.00 |
| Hot Dog with Bun | 1 | 49.00 |
| Rice Crispy Treat | 1 | 51.00 |
| Box 4: | | |
| Beef Pizza | 1 pizza | 57.00 |
| Cheesy Chicken and Rice | 1 container | 12.00 |
| Macaroni and Cheese | 1 container | 29.00 |
| Chicken Italiano | 1 container | 7.00 |
| Turkey Melt Sandwich | 1 | 38.00 |
| Brownie | 1 | 23.00 |