

## Gluten-Restricted Diet Menu

Be sure to check the Acceptable/Not Acceptable list on the previous page to assure proper menu planning.

### Breakfast

Milk	8oz	
Grits	8oz	
Margarine	1 tbsp	
Fruit	4 oz	
{ Peanut Butter	2 ozs	} (NOTE: <u>Alternate peanut butter and eggs every other day</u> )
{ Eggs	2 each	
Corn Tortillas	2 each	
Margarine	1 tbsp	
Jelly	1 tbsp	
Coffee		
Sugar		

### Lunch or Dinner

Meat	4 oz	
Cooked Dried Beans	4 oz	
Vegetable	4 oz	(NOTE: Serve two 4oz servings of two different vegetables)
Vegetable	4 oz	
Mashed Potatoes or Rice	4 oz	
Margarine	1	
tbsp		
Fruit	4 oz	
Corn Tortillas	2	
each Punch or Tea		

**NOTE: WHEN DESSERT IS PROVIDED TO THE OFFENDER POPULATION, OFFENDERS ON THE GLUTEN-RESTRICTED DIET WILL BE PROVIDED FRUIT.**