



**ALLERGEN GUIDE - Week 1**  
**Spring / Summer 2021**

Individual Snack Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Whole Grain Cereal Mix / Pear	Barley / Oats / Wheat / Rice / Corn / Millet / Pear		Chex Cereal				
PM	Whole Wheat Mini Pitas / Cheddar Cheese / Grape Tomatoes	Wheat / Dairy / Tomato	Tofutti Cream Cheese	GF Corn Cracekrs		Tofutti Cream Cheese		
AM	Cinnamon Raisin Bagel / Applesauce	Wheat / Barley / Raisin / Apple		Rice Bread				
PM	Spelt Lemon Mini Snaps / Clementine	Citrus / Poppy / Spelt / Barley		GF Cookie				
AM	Whole Wheat Maple Cookie / Apple	Wheat / Flaxseed / Apple		GF Cookies				
PM	Whole Wheat Apple Cinnamon Loaf / Yogurt	Apple / Wheat / Flaxseed / Dairy / Citrus	Yoso Yogurt	GF Muffin		Yoso Yogurt		
AM	Whole Wheat Bread with Jam / Orange	Wheat / Citrus		Rice Bread				
PM	Whole Wheat Wrap / Hardboiled Egg / Pear	Wheat / Barley / Egg / Pear		Corn Taco	Cheese Curds	Hummus		
AM	Organic Whole Wheat Pumpkin Muffin / Apple	Pumpkin / Apple / Wheat / Flaxseed		GF Muffin				
PM	Organic Whole Grain Banana Cookie / Baby Carrots	Wheat / Oats / Banana / Carrot		GF Cookie				

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If Space is Blank no replacement is required

Effective September 8, 2020



**ALLERGEN GUIDE - Week 2**

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**Individual Snack Menu**

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Whole Grain Cereal Mix / Apple	Barley / Oats / Wheat / Rice / Corn / Millet / Apple		Chex Cereal				
PM	Gluten Free Corn Crackers / Baby Carrots	Corn / Carrot						
AM	Organic Whole Grain Berry Granola Minis / Applesauce	Oats / Rice / Currant / Berry / Apple / Broccoli / Spinach / Carrot / Tomato / Beet / Mushroom		GF Cookie				
PM	Noor Roll / Apple Butter / Grape Tomatoes	Wheat / Apple / Tomato		Rice Bread				
AM	Yogurt / Pear	Dairy / Citrus / Pear	Yoso Yogurt			Yoso Yogurt		
PM	Whole Wheat Blueberry Bran Loaf / Clementine	Wheat / Apple / Berry / Banana / Citrus		Rice Bread				
AM	Organic Whole Wheat Chunky Apple Muffin / Orange	Wheat / Apple / Flaxseed / Citrus		GF Muffin				
PM	Whole Grain Cereal Mix / Apple / Yogurt	Barley / Oats / Wheat / Rice / Corn / Millet / Apple / Dairy / Citrus	Yoso Yogurt	Chex Cereal		Yoso Yogurt		
AM	Oatmeal Applesauce Cookie / Pear	Oat / Rice / Apple / Pear		GF Muffin				
PM	Melba Toast / Cheese / Baby Carrots	Wheat / Dairy / Carrot	Tofutti Cream Cheese	GF Corn Crackers		Tofutti Cream Cheese		

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**ALLERGEN GUIDE - Week 3**  
**Spring / Summer 2021**

**Individual Snack Menu**

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Whole Grain Cereal Mix / Apple	Barley / Oats / Wheat / Rice / Corn / Millet / Apple		Chex Cereal				
PM	Javaneh Slice / Clementine	Wheat / Citrus		Rice Bread				
AM	Whole Grain Mini Bagel / Butter / Applesauce	Rice / Wheat / Flaxseed / Dairy / Apple	Grape Jam	Rice Bread		Grape Jam		
PM	Whole Wheat Pita Pocket / Hardboiled Egg / Pear	Oats / Wheat / Egg / Pear		Rice Bread	Cheese Curds	Hummus		
AM	Organic Whole Wheat Carrot Muffin / Orange	Wheat / Flaxseed / Apple / Carrot / Citrus		GF Muffin				
PM	Melba Toast / Hummus / Cucumber Slices	Wheat / Chickpea / Citrus / Cucumber		GF Corn Crackers				
AM	Yogurt / Clementine	Dairy / Citrus	Yoso Yogurt			Yoso Yogurt		
PM	Spelt Lemon Mini Snaps / Grape Tomatoes	Citrus / Poppy / Spelt / Barley / Tomato		GF Cookie				
AM	Whole Wheat English Muffin / Jam / Apple	Wheat / Apple		Rice Bread				
PM	Soda Crackers / Cheese / Baby Carrots	Barley / Wheat / Dairy / Baby Carrots	Tofutti Cream Cheese	GF Corn Crackers		Tofutti Cream Cheese		

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**ALLERGEN GUIDE - Week 4**  
**Spring / Summer 2021**

Individual Snack Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Whole Grain Cereal Mix / Pear	Barley / Oats / Wheat / Rice / Corn / Millet / Pear		Chex Cereal				
PM	Whole Wheat Blueberry Currant Biscuit / Baby Carrots	Flaxseed / Wheat / Oats / Currant / Apple / Berry / Rice / Potato / Carrot		GF Cookie				
AM	Yogurt / Orange	Dairy / Citrus	Yoso Yogurt			Yoso Yogurt		
PM	Gluten Free Corn Crackers / Cheddar Cheese	Corn / Dairy	Tofutti Cream Cheese			Tofutti Cream Cheese		
AM	Whole Grain Bagel / Berry Applesauce	Rice / Wheat / Flaxseed / Apple / Berry		Rice Bread				
PM	Organic Whole Grain Berry Granola Minis / Orange	Oats / Rice / Currant / Berry / Apple / Broccoli / Spinach / Carrot / Tomato / Beet / Mushroom / Citrus		GF Cookies				
AM	Organic Whole Wheat Orange Cranberry Muffin / Clementine	Wheat / Flaxseed / Apple / Berry / Citrus		GF Muffin				
PM	Whole Wheat Lemon Chia Cookie / Pear	Wheat / Flaxseed / Chia / Apple / Pear		GF Cookie				
AM	Whole Wheat Bread / Apple Butter / Apple	Wheat / Apple		Rice Bread				
PM	Whole Wheat Banana Loaf / Hardboiled Egg	Wheat / Banana / Apple / Egg		GF Muffin	Cheese Curds	Applesauce		

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