



**ALLERGEN GUIDE - Week 1**  
**Fall / Winter 2021 - 2022**

YMCA Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Rice Krispies Cereal/ Milk	Rice / Barley / Dairy		Chex Cereal				
	PM	Organic Whole Grain Mini Ginger Snaps	Wheat / Spelt / Barley / Citrus		GF Cookie				
Tuesday	AM	Cinnamon Raisin Bagel / Applesauce	Wheat / Barley / Grape / Raisins / Apple		Rice Bread				
	PM	Whole Wheat Banana Oatmeal Cookie	Wheat / Banana / Oats		GF Cookies				
Wednesday	AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
	PM	Whole Wheat Crackers / Cheddar Cheese Cubes	Wheat / Barley / Dairy	Egg	Corn Cracker		Tofutti		
Thursday	AM	Organic Whole Wheat Orange Cranberry Muffin	Wheat / Citrus / Berries / Apple / Flaxseed		GF Muffin				
	PM	Whole Wheat Lemon Cranberry Loaf	Wheat / Flaxseed / Apple / Citrus / Berries		Rice Bread				
Friday	AM	Banana Oatmeal Bar	Banana / Wheat / Barley / Oats / Rice		GF Cookies				
	PM	Whole Grain Cereal Mix	Wheat / Oat / Barley / Rice / Sorghum / Corn / Millet		Chex Cereal				

If Space is Blank no replacement is required

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**Eat Grow Thrive**



## ALLERGEN GUIDE - Week 2

Fall / Winter 2021 - 2022

YMCA Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Whole Grain Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal			
	PM	Whole Wheat Apple Oatmeal Cookie	Wheat / Apple / Oats		GF Cookies			
Tuesday	AM	Strawberry Yogurt / Whole Grain Pumpkin Harvest Seed Granola	Dairy / Berries / Citrus / Oats / Pumpkin Seed	Yoso Yogurt	GF Cookie	Yoso Yogurt		
	PM	Rice Cake	Rice					
Wednesday	AM	Organic Apple Granola Minis / Berry Applesauce	GF Oats / Apple / Raisin / Rice / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Berry					
	PM	Organic Whole Grain Mini Lemon Snaps	Citrus / Poppy / Spelt / Barley		GF Cookies			
Thursday	AM	Whole Grain Life Cereal / Milk	Wheat / Oats / Dairy		Chex Cereal			
	PM	Whole Wheat Cheese Sandwich / Cucumber Slices	Dairy / Soy / Wheat / Cucumber	Chicken Slice	Cheese on Rice Bread	Vegan (Soy) Slice on Whole Wheat Bread		
Friday	AM	Organic Whole Wheat Blueberry Muffin	Wheat / Apple / Berries / Citrus		GF Muffin			
	PM	Whole Wheat Focaccia Bread / Hummus / Baby Carrots	Wheat / Chickpea / Citrus / Carrot		Rice Bread			

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**ALLERGEN GUIDE - Week 3**  
**Fall / Winter 2021 - 2022**

YMCA Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
	PM	Oatmeal Raisin Biscuit / Vanilla Yogurt / Baby Carrots	Wheat / Oat / Raisins / Apple / Rice / Flaxseed / Carrots / Dairy / Citrus	Yoso Yogurt	GF Cookies		Yoso Yogurt		
Tuesday	AM	Blueberry Clusters	Berries / Oats / Rice / Flaxseed / Currants / Coconut / Chickpea / Lentil / Chia / Hemp		GF Cookie				
	PM	Organic Strawberry Granola Bar	Berries / GF Oat / Apple / Cherries / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Rice						
Wednesday	AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
	PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	Oats / Wheat / Dairy	Egg	Rice Bread		Hummus		
Thursday	AM	Banana Oatmeal Bar / Applesauce	Banana / Wheat / Barley / Oats / Rice / Apple		GF Muffin				
	PM	Spice Snaps	Wheat		GF Cookie				
Friday	AM	Organic Whole Wheat Banana Muffin	Wheat / Apple / Banana		Rice Bread				
	PM	Whole Wheat Pumpkin Loaf / Cucumber Slices	Wheat / Pumpkin / Apple / Flaxseed / Cucumber		GF Muffin				

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**ALLERGEN GUIDE - Week 4**  
**Fall / Winter 2021 - 2022**

YMCA Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Whole Grain Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
PM	Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Corn Crackers		Hummus		
AM	Whole Grain Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread				
PM	Banana Oat Chunky Biscuit	Wheat / Oats / Banana / Dates		GF Cookie				
AM	Peach Yogurt, Whole Grain Pumpkin Harvest Seed Granola	Dairy / Peach / Citrus / Oats / Pumpkin Seed	Yoso Yogurt	GF Muffin		Yoso Yogurt		
PM	Social Tea Biscuits	Wheat / Dairy	DF Social Tea	GF Cookie		DF Social Tea		
AM	Whole Grain Life Cereal / Milk	Wheat / Oats / Dairy		Chex Cereal				
PM	Rice Cake / Hummus / Baby Carrots	Rice / Chickpea / Citrus / Carrot						
AM	Organic Whole Wheat Chunky Apple Muffin	Wheat / Apple / Flaxseed		GF Muffin				
PM	Whole Wheat Mini Pita / Cheese Curds	Oats / Wheat / Dairy	Egg	Rice Bread		Hummus		

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Friday

Thursday

Wednesday

Tuesday

Monday