



**ALLERGEN GUIDE - Week 1**

**Fall / Winter 2022-2023**

Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders
	Brown Rice	Rice						
	Peas and Corn	Corn / Green Pea						
	Plum Sauce	Plum / Pumpkin / Apricot						
	Beef and Tomato Macaroni and Cheese	Beef / Dairy / Wheat / Tomato	Tomato Beef Macaroni No Cheese	Gluten Free Tomato Beef Macaroni		Lentil Tomato Macaroni	Lentil Tomato Macaroni	Halal Tomato Beef Macaroni
PM	Oatmeal Cranberry Cookie	Oats / Wheat / Cranberry / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
AM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin				
Tuesday	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Hamburger Bun	Wheat		Rice Bun				
	Diced Carrots	Carrot						
	Turkey Alphabet Pasta Soup	Turkey / Onion / Carrot / Celery / Wheat		Gluten Free Turkey Noodle Soup		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
	Artisan Roll	Wheat		Rice Bun				
PM	Baby Carrots	Carrot						
PM	Spice Snap Biscuits / Grape Tomatoes	Wheat / Dairy / Tomato	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
AM	Whole Wheat English Muffin / Apple Butter	Wheat / Apple		Rice Bread				
Wednesday	Scrambled Eggs	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Green Peas	Green Pea						
	Chicken Cacciatore Stew	Chicken / Onion / Green Pepper / Carrot / Turnip / Tomato				Bean Cacciatore Stew	Bean Cacciatore Stew	Halal Chicken Cacciatore Stew
PM	Whole Grain Pasta	Wheat		Rice Pasta				
PM	Whole Wheat Mini Pita / Hummus	Wheat / Oat / Chickpea / Sesame		Rice Bread				
AM	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
Thursday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Brown Rice	Rice						
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig						
	Whole Grain Pasta Bolognese (Tomato Beef Sauce)	Beef / Tomato / Onion		Gluten Free Pasta Bolognese		Beef Style (Soy) Pasta Bolognese	Beef Style (Soy) Pasta Bolognese	Halal Beef Pasta Bolognese
PM	Whole Wheat Crackers / Cheddar Cheese Cubes	Wheat / Barley / Dairy	Hardboiled Egg	Rice Cake		Hummus		
AM	Whole Grain Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Friday	Turkey Tetrazzini with Whole Grain Pasta	Turkey / Mushroom / Dairy / Wheat	Turkey Tetrazzini in Brown Sauce	Gluten Free Turkey Tetrazzini		Vegetarian (Soy) Chick'n Tetrazzini in Brown Sauce	Vegetarian (Soy) Chick'n Tetrazzini	Halal Chicken Tetrazzini
	Green Beans	Green Bean						
	Maple Mustard Chicken Drumstick	Chicken / Mustard				Maple Mustard White Beans	Maple Mustard White Beans	Halal Maple Mustard Drumstick
	Brown Rice	Rice						
PM	Whole Wheat Oatmeal Raisin Loaf	Wheat / Oats / Apple / Raisin / Flaxseed		Gluten Free Oatmeal Cookie				

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Effective October 31, 2022

**Eat Grow Thrive**



ALLERGEN GUIDE - Week 2

Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'n Tenders
	Brown Rice	Rice						
	Green and Yellow Beans	Green and Yellow Bean						
Monday	PM Beef Lasagna	Beef / Tomato / Dairy / Wheat	Beef Lasagna No Cheese	Gluten Free Beef Lasagna		Beef Style Lasagna	Beef Style Lasagna	Halal Beef Lasagna
	Organic Spelt Mini Ginger Snaps / Baby Carrots	Spelt / Barley / Carrots		Gluten Free Oatmeal Cookie				
Tuesday	AM Whole Wheat Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread				
	Three Cheese and Bean Pasta Bake	Tomato / Beans / Dairy / Wheat	Bean Pasta No Cheese	Gluten Free Bean Pasta		Bean Pasta No Cheese		
	Mixed Vegetables	Green Bean / Green Pea / Carrot / Corn						
	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
	Hamburger Bun	Wheat		Rice Bun				
Tuesday	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	PM Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Strawberry Granola Bar				
Wednesday	AM Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	Filipino Beef Casserole	Beef / Carrot / Potato / Onion / Red and Green Pepper / Soy / Tomato / Garlic / Citrus				Beef Style Filipino Casserole	Beef Style Filipino Casserole	Halal Filipino Beef Casserole
	Brown Rice	Rice						
	Green Peas	Green Pea						
Wednesday	Salsa Chicken Drumstick	Chicken / Tomato / Onion / Green Pepper				Salsa Vegetarian (Soy) Chick'n	Salsa Vegetarian (Soy) Chick'n	Halal Salsa Chicken Drumstick
	PM Whole Wheat Breadsticks / Guacamole	Wheat / Barley / Spelt / Rice / Avocado / Citrus		Rice Bread				
Thursday	AM Whole Wheat Chunky Apple Muffin	Wheat / Apple / Flaxseed		Gluten Free Carrot Muffin				
	Minestrone Soup	Tomato / Spinach / Carrot / Onion / Celery / Zucchini / Kidney Beans / Wheat		Gluten Free Minestrone Soup				
	Whole Wheat Bread	Wheat		Rice Bread				
	Cucumber Slices	Cucumber						
	Beef Meatballs in Gravy	Dairy / Beef / Soy / Wheat	Gluten Free Burger in Gravy	Gluten Free Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
	Whole Wheat Bun	Wheat		Rice Bun				
Thursday	Diced Carrots	Carrot						
	PM Oatmeal Cookie / Applesauce	Oat / Wheat / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Friday	AM Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
	Chicken Alfredo Pasta	Chicken / Wheat / Onion / Dairy / Garlic	Chicken Pasta in Tomato Sauce	Gluten Free Chicken Alfredo		Bean Pasta in Tomato Sauce	Bean Alfredo Pasta	Halal Chicken Alfredo Pasta
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Brown Rice	Rice						
PM Whole Wheat Blueberry Bran Loaf / Baby Carrots	Wheat / Banana / Blueberry / Apple / Carrot			Rice Bread with Apple Butter				

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**Eat Grow Thrive**

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Turkey Burrito	Turkey / Rice / Corn / Tomato / Onion				Bean Burrito	Bean Burrito	Bean Burrito
	Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Peas and Corn	Corn / Green Pea						
	Egg Patty	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'nTenders		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
PM	Organic Spelt Mini Lemon Snaps	Spelt / Barley / Poppy / Citrus		Gluten Free Oatmeal Cookie				
AM	Mini Strawberry Crackers	Wheat / Cranberry / Strawberry / Dairy	Whole Wheat Bread with Raspberry Jam	Rice Bread with Raspberry Jam	Whole Wheat Bread with Raspberry Jam			
Tuesday	French Lentil Soup	Carrot / Onion / Garlic / Celery / Green Lentil						
	Artisan Roll	Wheat		Rice Bun				
	Baby Carrots	Carrot						
	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders
	Brown Rice	Rice						
	Plum Sauce	Plum / Pumpkin / Apricot						
	Diced Carrots	Carrot						
PM	Spice Snap Biscuits / Cucumber Slices	Wheat / Dairy / Cucumber	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Wednesday	Beef Chili	Kidney and Pinto Beans / Beef / Tomato / Onion				Beef Style Chili	Beef Style Chili	Halal Beef Chili
	Whole Wheat Bread	Wheat		Rice Bread				
	Green Beans	Green Beans						
	BBQ Turkey Meatballs	Turkey / Soy / Wheat / Onion / Tomato / Garlic		BBQ Turkey Burger		BBQ Vegetarian (Soy) Meatballs	BBQ Vegetarian (Soy) Meatballs	BBQ Vegetarian (Soy) Meatballs
	Brown Rice	Rice						
PM	Whole Wheat Lemon Cranberry Loaf	Wheat / Cranberry / Apple / Flaxseed / Citrus		Rice Bread with Apple Butter				
AM	Whole Grain Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Rice Cake	Rice Cake	Rice Cake	Rice Cake		
Thursday	Classic Mac and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
	Mixed Bean Salad	Beans / Onion / Garlic / Red Pepper						
	Sunshine Vegetables	Green Bean / Carrot						
	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Hamburger Bun	Wheat		Rice Bun				
PM	Banana Oatmeal Cookie / Baby Carrots	Oats / Banana / Wheat / Carrot		Gluten Free Oatmeal Cookie				
AM	Organic Whole Wheat Lemon Coconut Muffin	Wheat / Coconut / Flaxseed / Citrus		Gluten Free Carrot Muffin				
Friday	Portuguese Chicken Drumstick	Chicken / Red Pepper / Citrus / Tomato / Tamarind				Portuguese Vegetarian (Soy) Chick'n	Portuguese Vegetarian (Soy) Chick'n	Halal Portuguese Drumstick
	Brown Rice	Rice						
	Green Peas	Green Peas						
	Fish Bolognese with Whole Grain Pasta	Fish / Tomato / Wheat / Dairy	Fish Bolognese No Cheese	Gluten Free Fish Bolognese		Bean Pasta in Tomato Sauce		
PM	Artisan Bread / Bruschetta	Wheat / Tomato / Garlic / Fig / Mustard		Rice Bread				

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ALLERGEN GUIDE - Week 4

Fall / Winter 2022-2023

Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
Monday	Chicken Meatballs in Tomato Sauce	Chicken / Dairy / Red and Green Pepper / Wheat / Soy / Tomato	Diced Chicken in Tomato Sauce	Diced Chicken in Tomato Sauce		Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce
	Whole Grain Pasta	Wheat		Rice Pasta				
	Green Peas	Green Peas						
	Turkey Pot Pie Whole Grain Pasta Bake	Turkey / Onion / Celery / Carrot / Green Pea / Dairy / Wheat	Turkey Pot Pie Pasta in Brown Sauce	Gluten Free Turkey Pot Pie Pasta		White Bean Pot Pie Pasta in Brown Sauce	White Bean Pot Pie Pasta in Brown Sauce	Halal Chicken Pot Pie Pasta
PM	Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Bread		Hummus		
AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Carrot Muffin		Coconut Yogurt		
Tuesday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Brown Rice	Rice						
	Sunshine Vegetables	Green Bean / Carrot						
	Classic Chicken Noodle Soup	Chicken / Onion / Carrot / Celery / Wheat		Gluten Free Chicken Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
	Artisan Bread	Wheat		Rice Bun				
	Baby Carrots	Carrot						
PM	Whole Wheat Mini Pita / Grape Tomatoes	Oats / Wheat / Tomato		Rice Bread				
AM	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie				
Wednesday	Moroccan Chicken Drumstick	Chicken / Onion / Celery / Tomato / Chickpea / Zucchini / Citrus				Moroccan Chickpeas	Moroccan Chickpeas	Halal Moroccan Chicken Drumstick
	Whole Grain Pasta	Wheat		Rice Pasta				
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Red Pepper						
	Hearty Beef and Vegetable Stew	Beef / Celery / Onion / Carrots / Potato / Tomato / Turnip				Mixed Bean Stew	Mixed Bean Stew	Halal Ground Beef Stew
	Whole Wheat Baguette	Wheat		Rice Bread				
PM	Cinnamon Scone	Wheat / Soy		Rice Bread with Raspberry Jam				
AM	Organic Whole Wheat Carrot Zucchini Muffin	Carrot / Wheat / Zucchini / Apple / Flaxseed		Gluten Free Carrot Muffin				
Thursday	Cheese Omelet	Egg / Dairy	Breaded Chicken		Breaded Chicken	Vegetarian (Soy) Chick'nTenders		
	Whole Wheat Bread	Wheat		Rice Bread				
	Green Beans	Green Bean						
	Shepherd's Pie	Beef / Onion / Green Pea / Carrot / Potato				Beef Style Shepherd's Pie	Beef Style Shepherd's Pie	Halal Shepherd's Pie
PM	Whole Wheat Mini Bagel / Cheddar Cheese Cubes	Wheat / Flaxseed / Rice / Dairy	Hardboiled Egg	Rice Bread		Hummus		
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Turkey Teriyaki	Turkey / Onion / Soy / Wheat / Citrus		Diced Turkey in Gravy		Teriyaki Vegetarian (Soy) Chick'n	Teriyaki Vegetarian (Soy) Chick'n	Halal Teriyaki Chicken
	Brown Rice	Rice						
	Diced Carrots	Carrot						
	Tikka Masala Fish Filet	Fish / Dairy / Onion / Tomato / Citrus	Plain Fish			Beef Style Tomato Sauce		
PM	Whole Wheat Oat and Date Loaf	Oat / Date / Wheat / Flaxseed		Gluten Free Oatmeal Cookie				

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