



## ALLERGEN GUIDE - Week 1

Fall / Winter 2022-2023

School Age Snack Program 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	Cinnamon Scone	Wheat / Soy		Rice Bread / Raspberry Jam				
Tuesday	AM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Strawberry Granola Bar				
	PM	Whole Wheat Crackers / Cheddar Cheese Cubes	Wheat / Barley / Dairy	Hummus	Rice Cake		Hummus		
Wednesday	AM	Multigrain Cheerios Cereal / Milk	Oats / Rice / Sorghum / Corn / Millet / Dairy		Chex Cereal				
	PM	Oatmeal Cranberry Cookie	Oats / Wheat / Cranberry / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Thursday	AM	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
	PM	Whole Wheat Mini Pita / Hummus / Baby Carrots	Wheat / Chickpea / Carrot		Rice Bread				
Friday	AM	Whole Wheat English Muffin / Apple Butter	Wheat / Apple		Rice Bread				
	PM	Whole Wheat Oatmeal Raisin Loaf	Wheat / Oats / Apple / Raisin / Flaxseed		Gluten Free Oatmeal Cookie				

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If Space is Blank no replacement is required

**Eat Grow Thrive**



**WHOLESOME  
KIDS  
CATERING**

**ALLERGEN GUIDE - Week 2**

**Fall / Winter 2022-2023**

**School Age Snack Program 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	Organic Spelt Mini Lemon Snaps / Cheese Curds	Poppy / Citrus / Spelt / Barley / Dairy	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
Tuesday	AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Strawberry Granola Bar				
Wednesday	AM	Whole Wheat Mini Bagel / Apple Butter	Flaxseed / Rice / Wheat / Apple		Rice Bread				
	PM	Spice Snap Biscuits / Grape Tomatoes	Wheat / Dairy / Tomato	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
	PM	Whole Wheat Blueberry Bran Loaf / Baby Carrots	Wheat / Banana / Blueberry / Apple / Carrot		Rice Bread / Apple Butter				
Friday	AM	Whole Wheat Chunky Apple Muffin	Wheat / Apple / Flaxseeds		Gluten Free Carrot Muffin				
	PM	Whole Wheat Breadsticks / Guacamole / Cheddar Cheese Cubes	Wheat / Barley / Spelt / Rice / Avocado / Citrus / Dairy	Hummus	Rice Bread		Hummus		

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## ALLERGEN GUIDE - Week 3

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School Age Snack Program 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 Cookie / Applesauce	Oat / Wheat / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Tuesday	AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Rice Cake	Rice Cake	Rice Cake	Rice Cake		
	PM	Spice Snap Biscuits / Baby Carrots	Wheat / Dairy / Carrot	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
Wednesday	AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
	PM	Artisan Bread / Applesauce	Wheat / Apple		Rice Bread				
Thursday	AM	Organic Whole Wheat Lemon Coconut Muffin	Wheat / Coconut / Flaxseed		Gluten Free Carrot Muffin				
	PM	Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Bread		Hummus		
Friday	AM	Mini Strawberry Crackers / Applesauce	Wheat / Cranberry / Dairy / Strawberry	Whole Wheat Bread with Raspberry Jam	Rice Bread with Raspberry Jam		Whole Wheat Bread with Raspberry Jam		
	PM	Whole Wheat Oat & Date Loaf	Oats / Wheat / Flaxseed		Gluten Free Oatmeal Cookie				

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## ALLERGEN GUIDE - Week 4

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School Age Snack Program 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	Banana Oatmeal Cookie	Oats / Wheat / Banana		Gluten Free Oatmeal Cookie				
Tuesday	AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Whole Wheat Mini Pita / Grape Tomatoes / Cheddar Cheese Slice	Wheat / Tomato / Dairy	Hummus	Rice Bread		Hummus		
Wednesday	AM	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Date		Gluten Free Oatmeal Cookie				
	PM	Organic Spelt Mini Ginger Snaps / Baby Carrots	Spelt / Barley / Carrots		Gluten Free Oatmeal Cookie				
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
	PM	Whole Wheat Lemon Cranberry Loaf	Wheat / Cranberry / Apple / Flaxseed		Rice Bread with Apple Butter				
Friday	AM	Organic Whole Wheat Carrot Zucchini Muffin	Carrot / Wheat / Zucchini / Apple / Flaxseed		Gluten Free Carrot Muffin				
	PM	Whole Wheat Mini Bagel / Cheddar Cheese Cubes / Baby Carrots	Flaxseed / Rice / Wheat / Dairy / Carrot	Hardboiled Egg	Rice Bread		Hummus		

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