

ALLERGEN GUIDE - Week 1

Spring / Summer 2023

Healthy Choices Menu Non Halal

	CATERING							
	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
	Brown Rice	Rice						
onday	Plum Sauce	Plum / Pumpkin / Citrus						
2	Diced Carrots	Carrot						
	Mexican Beef Pasta	Wheat / Beef / Dairy / Red Pepper	Mexican Beef Pasta in Tomato Sauce	Gluten Free Mexican Beef Pasta in Tomato Sauce		Beef Style (Soy) Mexican Beef Pasta in Tomato Sauce	Beef Style (Soy) Mexican Beef Pasta	Beef Style (Soy) Mexican Beef Pasta
РМ	Coconut Chia Snaps	Wheat / Barley / Coconut / Chia / Citrus		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread				
	Egg Patty	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Chickpeas in Brown Sauce		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Cheedar Cheese Slice	Dairy	No Cheese			No Cheese		
uesday	Green Peas	Green Pea						
	Turkey Alphabet Soup	Turkey / Carrot / Celery / Wheat / Soy		Gluten Free Turkey Noodle Soup		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
	Whole Wheat Baguette	Wheat		Rice Bread				
	Baby Carrots	Carrot						
PM	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Cracker		Hummus		
AM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin				
	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
	Hamburger Bun	Wheat		Rice Bun				
esday	Green Beans	Green Bean						
Wedn	Diced Chicken in Gravy	Chicken				Vegetarian Chick'n (Soy) and Gravy	Vegetarian Chick'n (Soy) and Gravy	Halal Chicken and Gravy
	Mashed Potatoes	Potato						
	Whole Wheat Bread	Wheat		Rice Bread				
PM	Spice Snap Biscuits	Wheat / Dairy	Dairy Free Social Tea Biscuits	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Biscuits		
AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
	Turkey Macaroni and Cheese	Turkey / Wheat / Dairy	Turkey Macaroni in Tomato Sauce	Gluten Free Turkey Macaroni in Tomato Sauce		Lentil Macaroni in Tomato Sauce	Lentil Macaroni in Tomato Sauce	Halal Chicken Macaroni and Cheese
sday	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig						
Thu	Mild Cajun Chicken Drumstick	Chicken				Cajun Chickpeas	Cajun Chickpeas	Halal Cajun Chicken Drumstick
	Brown Rice	Rice						
PM	Whole Wheat Pita Pocket / Hummus	Wheat / Oat / Chickpea		Rice Bread				
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Wrap	Wheat / Rice		Corn Taco				
Friday	Sunrise Vegetables	Green Bean / Carrot						
	Beef Taco	Onion / Beef / Tomato / Pepper				Beef Style (Soy) Taco	Beef Style (Soy) Taco	Beef Style (Soy) Taco
	Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
РМ	Whole Wheat Banana Loaf / Applesauce	Wheat / Banana / Apple		Gluten Free Oatmeal Cookie				
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Spring / Summer 2023

_	CATERING							
	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
	Hamburger Bun	Wheat		Rice Bun				
	Cheddar Cheese Slice	Dairy	No Cheese			No Cheese		
onday	Green Beans	Green Bean						
Σ	Ground Beef in Gravy	Beef				Beef Style (Soy) in Gravy	Beef Style (Soy) in Gravy	Beef Style (Soy) in Gravy
	Mashed Potatoes	Potato						
	Whole Wheat Bread	Wheat		Rice Bread				
PM	Banana Oatmeal Cookie / Baby Carrots	Oats / Banana / Wheat / Carrot		Gluten Free Oatmeal Cookie				
AM	Raisin Bread / Apple Butter	Wheat / Raisin / Dairy / Apple	Whole Wheat Bread	Rice Bread		Whole Wheat Bread		
	Vegetarian Hidden Bean Lasagna	Wheat / Bean / Tomato / Dairy	Vegetarian Hidden Bean Lasagna No Cheese	Gluten Free Vegetarian Hidden Bean Pasta		Vegetarian Hidden Bean Lasagna No Cheese		
day	Carrots and Turnips	Carrot / Turnip						
Tues	Tikka Masala Chichen Drumstick	Chicken / Dairy / Tomato / Citrus	Herb Chicken Drumstick			Lentils in Tomato Sauce	Tikka Masala Lentils	Halal Tikka Masala Chicken Drumstick
	Brown Rice	Rice						
PM	Organic Spelt Ginger Snaps	Spelt / Barley		Gluten Free Oatmeal Cookie				
AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	Sweet and Sour Chicken Meatballs	Chicken / Dairy / Pepper / Wheat / Soy / Tomato / Tamarind	Diced Chicken in Sweet and Sour Sauce	Diced Chicken in Sweet and Sour Sauce		Vegetarian (Soy) Meatballs in Sweet and Sour Sauce	Vegetarian (Soy) Meatballs in Sweet and Sour Sauce	Vegetarian (Soy) Meatballs in Sweet and Sour Sauce
	Whole Grain Penne Pasta	Wheat		Rice Pasta				
sday	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Red Pepper						
Wedne	Beef Chili	Kidney and Pinto Beans / Beef / Tomato				Beef Style (Soy) Chili	Beef Style (Soy) Chili	Beef Style (Soy) Chili
	Cornbread	Wheat / Egg / Corn / Dairy	Whole Wheat Bread	Rice Bun	Whole Wheat Bread	Whole Wheat Bread		
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Apple Cinnamon Loaf / Cucumber Slices	Apple / Wheat / Flaxseed / Cucumber		Rice Bread / Apple Butter				
AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin				
	Whitefish Chowder	Potato / Corn / Dairy / Fish	Fish and Corn Soup			Bean and Corn Soup		
	Whole Wheat Baguette	Wheat		Rice Bread				
sday	Baby Carrots	Carrot						
Ē	Breaded Chicken	Chicken / Soy / Wheat		Diced Chicken in Brown Sauce		Black Beans in Brown Sauce	Black Beans in Brown Sauce	Halal Diced Chicken in Brown Sauce
	Hamburger Bun	Wheat		Rice Bun				
	Diced Carrots	Carrot						
PM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Strawberry Granola Bar				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	Italian Beef and Shell Pasta in Tomato Sauce	Beef / Tomato / Wheat / Squash / Zucchini		Italian Seasoned Beef with Gluten Free Pasta in Tomato Sauce		Italian Beef Style (Soy) with Shell Pasta in Tomato Sauce	Italian Beef Style (Soy) with Shell Pasta in Tomato Sauce	Italian Beef Style (Soy) with Shell Pasta in Tomato Sauce
iday	Green Peas	Green Pea						
Ē	Cheddar Cheese Omelet	Egg / Dairy	Breaded Chicken		Breaded Chicken	Vegetarian (Soy) Chick'nTenders		
	Whole Wheat Bread	Wheat		Rice Bread				
РМ	Vanilla Yogurt	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt		
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ALLERGEN GUIDE - Week 3

Spring / Summer 2023

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Packed Fish Books		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
White Wheel Prince Weel Files Control	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
Page		Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
Crision Name Parison Crision (Name Parison Trained Date Crision (Name Parison Trained Date Crision Content Name Parison Trained Date	day	Whole Wheat Wrap	Wheat / Rice		Corn Taco				
West Notice States Control (1997) Co	Mon	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
Wide Nivel Bases Call See Oct / Wines Nivel Bases Call See Oct / Wines Nivel Bases Call See Oct / Wines Nivel Bases Oct / Oct		Chicken Alfredo Pasta	Chicken / Wheat / Dairy	Chicken Pasta in Tomato Sauce	Gluten Free Chicken Alfredo Pasta		Vegetarian Chick'n (Soy) Pasta in Tomato Sauce	Vegetarian Chick'n (Soy) Alfredo Pasta	Halal Chicken Alfredo Pasta
Checker Checker Checker Checker Checker	PM	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Vivous Vivous Placed Vivous Vivous Vivous Placed Vivous P	AM	Whole Wheat Banana Oat Bite	Oat / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie				
Peas and Corn		Cheddar Cheese Omelet	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
Circles and Rice Stop Circles		Whole Wheat Bread	Wheat		Rice Bread				
Wide Wree Davie Rale	day	Peas and Com	Green Pea / Corn						
Restrict Control Country Count	Tues	Chicken and Rice Soup	Chicken / Carrot / Celery / Rice				Bean and Rice Soup	Bean and Rice Soup	Halal Chicken and Rice Soup
		Whole Wheat Dinner Roll	Wheat		Rice Bun				
Outer Fee Outered Cooke Sump Beef Beef Styr Wheat Brown Rice Rice Summa Vegetation Green Bean / Carnot Terlyaki Turkey Mestadas Trelyaki Vegetation (Soy) Burger in Greey Whole Wheat Rice Green Whole Wheat Trelyaki Vegetation (Soy) Mestadas Trelyaki Vegetation (Soy) Burger in Greey Whole Wheat Trelyaki Vegetation (Soy) Burger in Greey Whole Wheat Trelyaki Vegetation (Soy) Burger in Greey Whole Wheat States Carnot Miles Green Green Bean Gitten Free Durger in Greey Whole Wheat States Carnot Miles Green Bean Gitten Free Durger in Greey Whole Wheat States Carnot Gitten Free Carnot Mulfin Turkey Lasagra Turkey Tomato / Darry / Wheat Turkey Lasagra Turkey Tomato / Darroth / Mestada / Fig BBC Chicken Free Surkey Basagra Chicken Free Turkey Lasagra Beef Style Lasagra Free Mestadas Trelyaki Vegetation (Soy) BBQ Chickn Halal BeQ Chickn Halal BeQ Chickn Turkey Tomato / Tomator /		Baby Carrots	Carrot						
Saucy Beef Style (Soy)	РМ	Cinnamon Scone	Wheat / Soy / Rice		Rice Bread with Raspberry Jam				
Brown Roa Rice Rene Pear / Carrot Survivo Vegetarion (Soy Meath Leave Survivo Vegetarion (Soy Meath See Surv	AM	Oatmeal Cookie	Oat / Wheat / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Surrise Vegetarianes Green Bean / Carrot Milligrain Checkson Green Bean / Carrot Green Bean / Carrot Green Bean / Green Bean / Green Bean / Carrot Green Bean / Green Bean / Green Bean / Carrot Milligrain Checkson Green Bean / Green Bean / Green Bean / Green Bean / Carrot Milligrain Checkson Green Bean / Green B		Saucy Beef	Beef / Soy / Wheat		Beef Strips in Brown Sauce		Saucy Beef Style (Soy)	Saucy Beef Style (Soy)	Saucy Beef Style (Soy)
Terlyaki Turkey Mesthalis Turkey / Soy / Wheat / Cirus Turkey Burger in Brown Sauce Terlyaki Vegetarian (Soy) Mesthalis Terlyaki Vegetaria	ssday	Brown Rice	Rice						
Whole Wheat Mini Pita / Cheddar Cheese Size Wheat / Dairy No Milk Date Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken Chicken / Tomato / Dairy / Wheat Butter Chicken Chicken / Tomato / Dairy / Wheat Butter Chicken Chicken / Tomato / Dairy / Wheat Rice Bread Cluten Free Burger in Gravy Vegetarian (Soy) Burger in Gravy Vegetarian	Wedne	Sunrise Vegetables	Green Bean / Carrot						
Multigrain Cheerios Cereal / Mik Oat / Com / Rice / Sorghum / Millet / Dainy No Milk Chex Cereal No Milk Red Lentil Curry Red		Teriyaki Turkey Meatballs	Turkey / Soy / Wheat / Citrus		Turkey Burger in Brown Sauce		Teriyaki Vegetarian (Soy) Meatballs	Teriyaki Vegetarian (Soy) Meatballs	Teriyaki Vegetarian (Soy) Meatball
Butter Chicken Chicken / Potato / Dairy / Tomato Butter Chicken in Tomato Sauce Rice Bread Rice Bre	РМ	Whole Wheat Mini Pita / Cheddar Cheese Slice	Wheat / Dairy	Carvery Chicken	Rice Bread		Hummus		
Whole Wheat Naan Bread Wheat More Meat Summer Bears Green Bean Green Bean Green Bears Green Bean Green Bears Green	AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
Green Beans Green Bean Beef Burger in Gravy Whole Wheat Texas Toast Wheat Organic Mixed Berry Granola Minis / Baby Carrots Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna Turkey / Tomato / Dairy / Wheat BBQ Chicken Drumstick Brown Rice Rice Gluten Free Burger in Gravy Wegetarian (Soy) Burger in Gravy Vegetarian (Soy) Burger in Gravy Vegetar		Butter Chicken	Chicken / Potato / Dairy / Tomato	Butter Chicken in Tomato Sauce			Red Lentil Curry	Red Lentil Curry	Halal Butter Chicken
Beef Burger in Gravy Beef / Soy / Wheat Beef Burger in Gravy Whole Wheat Texas Toast Wheat Rice Bread Organic Mixed Berry Granola Minis / Baby Carrots For Organic Whole Wheat Summer Berry Muffin Organic Whole Wheat Summer Berry Muffin Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna Carrot / Tomato / Dairy / Wheat Turkey Lasagna Carrot / Carrot / Carboage / Lettuce / Spinach / Mustard / Fig BBQ Chicken Drumstick Rice Rice Rice Rice Rice Rice Rice Rice	2	Whole Wheat Naan Bread	Wheat		Rice Bread				
Whole Wheat Texas Toast Wheat Whole Wheat Texas Toast Whole Wheat Texas Toast Whole Wheat Texas Toast Whole Wheat Texas Toast Wheat GF Oat / Raisin / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom MOrganic Whole Wheat Summer Berry Muffin Berries / Apple / Flaxseed / Wheat Gluten Free Carrot Muffin Turkey Lasagna Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna No Cheese Gluten Free Turkey Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasa Leafy Greens / Balsamic Dressing Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig BBQ Chicken Drumstick Chicken / Tomato / Tamarind Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Halal BBQ Chick Brown Rice	hursda	Green Beans	Green Bean						
Organic Mixed Berry Granola Minis / Baby Carrots Organic Whole Wheat Summer Berry Muffin Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig BBQ Chicken Drumstick Chicken / Tomato / Tamarind Rice Rice Gluten Free Carrot Muffin Gluten Free Turkey Lasagna Beef Style Lasagna Beef Style Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Halal BBQ Chicken Brown Rice		Beef Burger in Gravy	Beef / Soy / Wheat		Gluten Free Burger in Gravy		Vegetarian (Soy) Burger in Gravy	Vegetarian (Soy) Burger in Gravy	Halal Burger in Gravy
Organic Whole Wheat Summer Berry Muffin Berries / Apple / Flaxseed / Wheat Gluten Free Carrot Muffin Turkey Lasagna Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna Carrot / Carbot / Dairy / Wheat Turkey Lasagna Deef Style Lasagna Beef Style Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Beef Style Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Beef Style L		Whole Wheat Texas Toast	Wheat		Rice Bread				
Turkey Lasagna Turkey / Tomato / Dairy / Wheat Turkey Lasagna No Cheese Gluten Free Turkey Lasagna Beef Style Lasagna Beef Style Lasagna Beef Style Lasagna Halal Beef Lasagna Leafy Greens / Balsamic Dressing Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig BBQ Chicken Drumstick Chicken / Tomato / Tamarind Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Halal BBQ Chick Brown Rice	PM	Organic Mixed Berry Granola Minis / Baby Carrots	GF Oat / Raisin / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
Leafy Greens / Balsamic Dressing Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig BBQ Chicken Drumstick Chicken / Tomato / Tamarind Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Halal BBQ Chick Brown Rice Rice	AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
BBQ Chicken Drumstick Chicken / Tomato / Tamarind Vegetarian (Soy) BBQ Chick'n Vegetarian (Soy) BBQ Chick'n Halal BBQ Chick'n Brown Rice Rice		Turkey Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Beef Style Lasagna	Beef Style Lasagna	Halal Beef Lasagna
Brown Rice Rice		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig						
	Friday	BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				Vegetarian (Soy) BBQ Chick'n	Vegetarian (Soy) BBQ Chick'n	Halal BBQ Chicken
Diced Carrots Carrot		Brown Rice	Rice						
		Diced Carrots	Carrot						
PM Whole Wheat Wrap / Hardboiled Egg Wheat / Rice / Egg Corn Taco Cheddar Cheese Slice Hummus	PM	Whole Wheat Wrap / Hardboiled Egg	Wheat / Rice / Egg		Corn Taco	Cheddar Cheese Slice	Hummus		

ALLERGEN GUIDE - Week 4

Spring / Summer 2023

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	Moroccan Chickpeas	Chickpea / Tomato / Citrus / Celery / Zucchini / Carrot / Soy						
	Whole Wheat Naan Bread	Wheat		Rice Bread				
Aonday	Carrots and Turnips	Carrot / Turnip						
	Chicken Meatballs in Gravy	Chicken / Dairy / Pepper / Wheat / Soy	Diced Chicken in Gravy	Diced Chicken in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
	Wheat Bun	Wheat		Rice Bun				
РМ	Oatmeal Cranberry Cookie / Grape Tomatoes	Oat / Wheat / Berries / Flaxseed / Apple / Rice / Tomato		Gluten Free Oatmeal Cookie				
AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oat	Coconut Yogurt	Gluten Free Carrot Muffin		Coconut Yogurt		
	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
>-	Brown Rice	Rice						
Luesda	Plum Sauce	Plum / Pumpkin / Citrus						
	Peas and Corn	Green Peas / Corn						
	BBQ Diced Turkey	Turkey / Tomato				BBQ White Beans	BBQ White Beans	Halal BBQ Diced Chicken
PM	Whole Wheat Melba Toast / Cheddar Cheese Slice	Wheat / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Whole Grain Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread	Whole Wheat Bread		
	Turkey Bolognese with Whole Grain Pasta	Wheat / Turkey / Tomato / Dairy	Turkey Bolognese with Whole Grain Pasta No Cheese	Turkey Bolognese with Gluten Free Pasta		Beef Style (Soy) Bolognese with Whole Grain Pasta	Beef Style (Soy) Bolognese with Whole Grain Pasta	Halal Beef Bolognese with Whole Grain Pasta
esday	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
Wedn	Crustless Egg and Cheese Quiche	Egg / Dairy / Wheat / Soy	Chicken Cutlet	Scrambled Egg	Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Bread	Wheat		Rice Bread				
PM	Whole Wheat Mini Pita / Hummus	Wheat / Chickpea		Rice Bread				
AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin				
	Lemon Chicken Drumstick	Chicken / Citrus				Lemon Chickpeas	Lemon Chickpeas	Halal Lemon Chicken Drumstick
	Whole Grain Penne Pasta	Wheat		Rice Pasta				
sday	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
를	Classic Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
	Garbanzo Bean Salad	Chickpea / Red Pepper						
	Diced Carrots	Carrot						
PM	Spice Snap Biscuits / Vanilla Yogurt	Wheat / Dairy / Citrus	Dairy Free Social Tea Biscuits / Coconut Yogurt	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Biscuits / Coconut Yogurt		
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
day	Hamburger Bun	Wheat		Rice Bun				
Ë	Broccoli	Broccoli						
	Whitefish Lasagna	Fish / Tomato / Dairy / Wheat	White Fish Lasagna No Cheese	Gluten Free White Fish Lasagna		Bean Lasagna		
РМ	Whole Grain Digestive Cookies	Wheat / Oat		Gluten Free Oatmeal Cookie				