



ALLERGEN GUIDE - Week 1

Spring / Summer 2023

Healthy Balance Menu

	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		
Monday	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						
	Plum Sauce	Plum / Pumpkin / Citrus						
	Diced Carrots	Carrot						
PM	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				
Tuesday	Egg Patty	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Chickpeas in Brown Sauce		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Cheddar Cheese Slice	Dairy	No Cheese			No Cheese		
	Green Peas	Green Pea						
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				
Wednesday	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
	Hamburger Bun	Wheat		Rice Bun				
	Green Beans	Green Bean						
PM	Spice Snap Biscuits	Wheat		Gluten Free Oatmeal Cookie				
AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
Thursday	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
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig						
PM	Whole Wheat Pita Pocket / Hummus	Wheat / Chickpea		Rice Bread				
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
Friday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Wrap	Wheat / Rice		Corn Taco				
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Banana Loaf / Applesauce	Wheat / Banana / Apple		Gluten Free Oatmeal Cookie				

Effective April 17, 2023
Last Revised May 26, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2
Spring / Summer 2023

Healthy Balance 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 / Dairy	No Milk	Chex Cereal		No Milk		
Monday	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		
	Green Beans	Green Bean						
PM	Banana Oatmeal Cookie / Baby Carrots	Oats / Banana / Wheat / Carrot		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Cinnamon Raisin Bagel / Apple Butter	Wheat / Raisin / Apple		Rice Bread				
Tuesday	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		
	Carrots and Turnips	Carrot / Turnip						
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		
Wednesday	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				
	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				
Thursday	Turkey and Pasta Soup	Carrot / Celery / Turkey / Wheat / Tomato / Soy		Gluten Free Turkey and Pasta Soup		Bean and Pasta Soup	Bean and Pasta Soup	Halal Ground Beef and Pasta Soup
	Whole Wheat Baguette	Wheat		Rice Bread				
	Baby 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		
Friday	Italian Beef and Shell Pasta in Tomato Sauce	Beef (Halal) / Tomato / Wheat / Squash / Zucchini		Italian Seasoned Beef (Halal) 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	
	Green Peas	Green Pea						
PM	Vanilla Yogurt	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt		

Effective April 17, 2023
 Last Revised May 26, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



**WHOLESOME
KIDS
CATERING**

ALLERGEN GUIDE - Week 3

Spring / Summer 2023

Healthy Balance Menu

	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		
Monday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Wrap	Wheat / Rice		Corn Taco				
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Whole Wheat Banana Oat Bite	Oat / Wheat / Banana / Dates		Mixed Berry Granola Minis				
Tuesday	Cheddar Cheese Omelet	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Bread	Wheat		Rice Bread				
	Peas and Corn	Green Pea / Corn						
PM	Cinnamon Scone	Wheat / Soy / Rice		Rice Bread / Raspberry Jam				
AM	Oatmeal Cookie	Oat / Wheat / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Wednesday	Sweet and Sour Beef	Beef (Halal) / Tomato / Tamarind				Sweet and Sour Beef Style (Soy)	Sweet and Sour Beef Style (Soy)	
	Brown Rice	Rice						
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Mini Pita / Cheddar Cheese Slice	Wheat / Dairy	Carvery Chicken	Rice Bread		Hummus		
AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
Thursday	Butter Chicken	Chicken / Potato / Dairy / Tomato	Butter Chicken in Tomato Sauce			Red Lentil Curry	Red Lentil Curry	Halal Butter Chicken
	Whole Wheat Naan Bread	Wheat		Rice Bread				
	Green Beans	Green Bean						
PM	Organic Mixed Berry Granola Minis / Baby Carrots	GF Oat / Raisin / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
Friday	Turkey Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Beef Style Lasagna	Beef Style Lasagna	Halal Beef Lasagna
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard / Fig						
PM	Whole Wheat Wrap / Hardboiled Egg	Wheat / Rice / Egg		Corn Taco	Cheddar Cheese Slice	Hummus		

Effective April 17, 2023
Last Revised May 26, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 4

Spring / Summer 2023

Healthy Balance 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 / Dairy	No Milk	Chex Cereal		No Milk		
Monday	Moroccan Chickpeas	Chickpea / Tomato / Citrus / Celery / Carrot / Soy						
	Whole Wheat Naan Bread	Wheat		Rice Bread				
	Carrots and Turnips	Carrot / Turnip						
PM	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		
Tuesday	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						
	Plum Sauce	Plum / Pumpkin / Citrus						
	Peas and Corn	Green Peas / Corn						
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		
Wednesday	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
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Whole Wheat Mini Pita / Vanilla Yogurt	Wheat / Dairy / Citrus	Coconut Yogurt	Rice Bread		Coconut Yogurt		
AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin				
Thursday	Lemon Chicken Drumstick	Chicken / Citrus				Lemon Chickpeas	Lemon Chickpeas	Halal Lemon Chicken Drumstick
	Whole Grain Penne Pasta	Wheat		Rice Pasta				
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
PM	Spice Snap Biscuits	Wheat		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
Friday	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Hamburger Bun	Wheat		Rice Bun				
	Broccoli	Broccoli						
PM	Whole Grain Digestive Cookies	Wheat / Oat		Gluten Free Oatmeal Cookie				

Effective April 17, 2023
Last Revised May 26, 2023

If Space is Blank no replacement is required

Eat Grow Thrive