



**WHOLESOME
KIDS
CATERING**

ALLERGEN GUIDE - Week 1

Spring / Summer 2023

Healthy Balance Menu
Non Halal

| | 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
Non Halal

| | 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 / 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 |
| | Green Peas | Green Pea | | | | | | |
| PM | Vanilla Yogurt | Dairy / Citrus | Coconut Yogurt | | | Coconut Yogurt | | |

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| | 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 / Tomato / Tamarind | | | | Sweet and Sour Beef Style (Soy) | 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 | | |



ALLERGEN GUIDE - Week 4

Spring / Summer 2023

Healthy Balance Menu
Non Halal

| | 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 | | | | |

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