



## ALLERGEN GUIDE - Week 1

Fall / Winter 2023-2024

Healthy Balance - Fish Free 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	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 Snaps	Wheat		Gluten Free Oatmeal Cookie				
AM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin				
Tuesday	Scrambled Eggs	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Pea Crumbles in Brown Sauce		
	Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Bread	Wheat		Rice Bread				
	Diced Carrots	Carrot						
PM	Whole Wheat Melba Toast / Cheddar Cheese Slice	Wheat / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread	Whole Wheat Bread		
Wednesday	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 Pea / Corn						
PM	Whole Wheat Oatmeal Cookie / Applesauce	Wheat / Oats / Apple / Flaxseed / Rice		Gluten Free Oatmeal Cookie				
AM	Organic Whole Wheat Carrot Muffin	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin				
Thursday	Turkey Cacciatore Stew	Turkey / Green Pepper / Tomato				Bean Cacciatore Stew	Bean Cacciatore Stew	Halal Chicken Cacciatore Stew
	Whole Wheat Roll	Wheat		Rice Bun				
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
PM	Whole Wheat Breadsticks / Hummus	Wheat / Barley / Chickpea		Gluten Free Corn Crackers				
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
Friday	Sweet and Sour Beef	Beef (Halal) / Tomato / Tamarind				Sweet and Sour Beef Style (Soy)	Sweet and Sour Beef Style (Soy)	
	Whole Grain Rotini Pasta	Wheat		Rice Pasta				
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Apple Cranberry Loaf / Baby Carrots	Berries / Apple / Wheat / Flaxseed / Carrot		Rice Bread / Apple Butter				

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**ALLERGEN GUIDE - Week 2**  
**Fall / Winter 2023-2024**

Healthy Balance - Fish Free 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	Brazilian Chicken Stew	Chicken / Potato / Tomato / Coconut				Brazilian Vegetarian (Soy) Chick'n Stew	Brazilian Vegetarian (Soy) Chick'n Stew	Halal Brazilian Chicken Stew
	Whole Wheat Naan	Wheat		Rice Bread				
	Green and Yellow Beans	Green Bean / Yellow Bean						
PM	Organic Spelt Mini Ginger Snaps / Baby Carrots	Spelt / Barley / Carrot		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread				
Tuesday	Vegetarian Cheeseburger Mac	Wheat / Dairy / Legume	Vegetarian Burger Mac in Tomato Sauce	Gluten Free Vegetarian Burger Mac in Tomato Sauce		Vegetarian Burger Mac in Tomato Sauce		
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Wednesday	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		
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Oat and Date Loaf / Cucumber Slices	Wheat / Dates / Oats / Flaxseed / Cucumber		Rice Bread / Apple Butter				
AM	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
Thursday	Beef in Gravy	Beef (Halal)				Pea Crumbles in Gravy	Pea Crumbles in Gravy	
	Whole Grain Rotini Pasta	Wheat		Rice Pasta				
	Diced Carrots	Carrot						
PM	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Strawberry Granola Bar				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
Friday	Mild Cajun Chicken Drumstick	Chicken				Cajun Vegetarian (Soy) Chick'n	Cajun Vegetarian (Soy) Chick'n	Halal Cajun Drumstick
	Brown Rice	Rice						
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
PM	Vanilla Yogurt	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt		

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## ALLERGEN GUIDE - Week 3

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Healthy Balance - Fish Free 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	Egg Patty	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Beef Style (Soy) in Brown Sauce		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Cheddar Cheese Slice	Dairy	No Cheese		No Cheese	No Cheese		
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Whole Wheat Soda Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Whole Wheat Cinnamon Scone	Wheat / Soy / Rice / Coconut		Rice Bread / Raspberry Jam				
Tuesday	Chicken Noodle Soup	Chicken / Carrot / Celery / Wheat		Gluten Free Chicken Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
	Whole Wheat Roll	Wheat		Rice Bun				
	Baby Carrots	Carrot						
PM	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Oatmeal Cranberry Cookie	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
Wednesday	Beef Bolognese with Whole Grain Pasta	Wheat / Beef (Halal) / Tomato		Gluten Free Beef (Halal) Bolognese Pasta		Beef Style (Soy) Bolognese Pasta	Beef Style (Soy) Bolognese Pasta	
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Breadsticks / Cheddar Cheese Slice	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
Thursday	Salsa Chicken Drumstick	Chicken / Tomato / Pepper				Salsa Beans	Salsa Beans	Halal Salsa Drumstick
	Brown Rice	Rice						
	Peas and Corn	Green Pea / Corn						
PM	Spice Snaps	Wheat		Gluten Free Oatmeal Cookie				
AM	Organic Whole Wheat Carrot Muffin	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin				
Friday	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
	Hamburger Bun	Wheat		Rice Bun				
	Broccoli	Broccoli						
PM	Organic Whole Grain Strawberry Granola Bar / Baby Carrots	GF Oats / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa						

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## ALLERGEN GUIDE - Week 4

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Healthy Balance - Fish Free 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 Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Pea Crumble Lasagna	Pea Crumble Lasagna	Halal Beef Lasagna
	Diced Carrots	Carrot						
PM	Mini Cocoa Snaps	Wheat / Barley / Cocoa		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	Wheat / Raisins / Apple		Rice Bread				
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 Pita Pocket / Cheddar Cheese Slice	Wheat / Oats / Dairy	Hardboiled Egg	Rice Bread		Hummus		
AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Wednesday	Portuguese Chicken Drumstick	Chicken / Red Pepper / Citrus / Tomato / Tamarind				Portuguese White Beans	Portuguese White Beans	Halal Portuguese Chicken Drumstick
	Whole Grain Penne Pasta	Wheat		Rice Pasta				
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
PM	Whole Wheat Oat and Date Loaf	Wheat / Dates / Oats / Flaxseed		Gluten Free Oatmeal Cookie				
AM	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
Thursday	Beef Meatballs in Gravy	Beef / Dairy / Soy / Wheat	Gluten Free Beef Burger in Gravy	Gluten Free Beef Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
	Wheat Bun	Wheat		Rice Bun				
	Green Beans	Green Bean						
PM	Whole Wheat Round Crackers / Grape Tomatoes	Wheat / Coconut / Soy / Tomato		Gluten Free Corn Crackers				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
Friday	Breaded Chicken	Chicken / Soy / Wheat		Diced Chicken in Brown Sauce		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
	Hamburger Bun	Wheat		Rice Bun				
	Sunrise Vegetables	Green Bean / Carrot						
PM	Whole Wheat Digestive Cookies / Vanilla Yogurt	Wheat / Oats / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		

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