



ALLERGEN GUIDE - Week 1

Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

|           | Menu Selection     | Key Ingredients of Main Menu Item              | Dairy Free   | Gluten Free                               | Egg Free                                | Vegan          | Vegetarian  | Halal  |                                   |
|-----------|--------------------|--|--|---|---|----------------|---|--|-----------------------------------|
| Monday    | A                  | 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   |   |   |                |   |  |                                   |
| Monday    | B                  | Chicken Macaroni and Cheese                    | Chicken / Dairy / Wheat                              | Chicken Macaroni in Tomato Sauce          | Gluten Free Chicken Macaroni and Cheese |                | Vegetarian (Soy) Chick'n Macaroni in Tomato Sauce | Vegetarian (Soy) Chick'n Macaroni and Cheese         | Halal Chicken Macaroni and Cheese |
|           |                    | Green Beans                                    | Green Bean   |   |   |                |   |  |                                   |
| Tuesday   | A                  | 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   |   |   |                |   |  |                                   |
|           | B                  | Turkey Noodle Soup                             | Carrot / Celery / Turkey / Wheat                     |   | Gluten Free Turkey Noodle Soup          |                | Bean Noodle Soup                                  | Bean Noodle Soup                                     | Halal Chicken Noodle Soup         |
|           |                    | Artisan Roll                                   | Wheat  |   | Rice Bun                                |                |   |  |                                   |
|           | Baby Carrots       | Carrot   |  |   |   |                |   |  |                                   |
| Wednesday | A                  | 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                                     |   |   |                |   |  |                                   |
|           | B                  | Creamy Tomato Halal Beef and Whole Grain Pasta | Wheat / Tomato / Dairy / Beef (Halal)                | Tomato Beef (Halal) and Whole Grain Pasta | Gluten Free Creamy Beef (Halal) Pasta   |                | Tomato Beef Style (Soy) and Whole Grain Pasta     | Creamy Tomato Beef Style (Soy) and Whole Grain Pasta |                                   |
|           | Peas and Corn      | Green Pea / Corn                               |  |   |   |                |   |  |                                   |
| Thursday  | A                  | 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 |   |   |                |   |  |                                   |
|           | B                  | Teriyaki Chicken Drumstick                     | Chicken / Wheat / Barley / Soy                       |   | Herb Chicken Drumstick                  |                | Teriyaki Chickpeas                                | Teriyaki Chickpeas                                   | Halal Teriyaki Chicken Drumstick  |
|           |                    | Brown Rice                                     | Rice   |   |   |                |   |  |                                   |
|           | Green Peas         | Green Pea                                      |  |   |   |                |   |  |                                   |
| Friday    | A                  | Breaded Fish Sticks                            | Fish / Soy / Wheat                                   |   | Plain Fish                              |                | Vegetarian (Soy) Chick'n Tenders                  |  |                                   |
|           |                    | Whole Wheat Wrap                               | Rice / Wheat   |   | Corn Taco                               |                |   |  |                                   |
|           |                    | Sunrise Vegetables                             | Green Bean / Carrot                                  |   |   |                |   |  |                                   |
|           | B                  | Sweet and Sour Halal Beef                      | Beef (Halal) / Tomato / Tamarind                     |   |   |                | Sweet and Sour Beef Style (Soy)                   | Sweet and Sour Beef Style (Soy)                      |                                   |
|           |                    | Whole Grain Pasta                              | Wheat  |   | Rice Pasta                              |                |   |  |                                   |
|           | Sunrise Vegetables | Green Bean / Carrot                            |  |   |   |                |   |  |                                   |

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ALLERGEN GUIDE - Week 2

Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

|           | Menu Selection                 | Key Ingredients of Main Menu Item              | Dairy Free                                     | Gluten Free                                | Egg Free   | Vegan             | Vegetarian                                 | Halal                                      |  |
|-----------|--------------------------------|--|--|--|--|-------------------|--|--|--|
| Monday    | A                              | 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                       |  |  |                   |  |  |  |
|           | B                              | Beef Meatballs in Tomato Sauce                 | Dairy / Beef / Soy / Wheat / Tomato            | Gluten Free Beef Burger in Tomato Sauce    | Gluten Free Beef Burger in Tomato Sauce                |                   | Vegetarian (Soy) Meatballs in Tomato Sauce | Vegetarian (Soy) Meatballs in Tomato Sauce | Vegetarian (Soy) Meatballs in Tomato Sauce |
|           |                                | Brown Rice                                     | Rice   |  |  |                   |  |  |  |
|           | Green and Yellow Beans         | Green Bean / Yellow Bean                       |  |  |  |                   |  |  |  |
| Tuesday   | A                              | Meatless (Pea Protein) Mac and Cheese          | Wheat / Dairy / Legume                         | Meatless (Pea Protein) Mac in Tomato Sauce | Gluten Free Meatless (Pea Protein) Mac in Tomato Sauce |                   | Meatless (Pea Protein) Mac in Tomato Sauce |  |  |
|           |                                | Vegetable Medley                               | Green Bean / Green Pea / Carrot / Corn         |  |  |                   |  |  |  |
|           | B                              | Breaded Chicken                                | Chicken / Soy / Wheat                          |  | Diced Chicken in Brown Sauce                           |                   | Cauliflower Bites                          | Cauliflower Bites                          | Halal Chicken Pieces                       |
|           |                                | Whole Grain Pasta                              | Wheat  |  | Rice Pasta   |                   |  |  |  |
|           |                                | Vegetable Medley                               | Green Bean / Green Pea / Carrot / Corn         |  |  |                   |  |  |  |
| Wednesday | A                              | 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                            |  |  |                   |  |  |  |
|           | B                              | Halal Beef Chili                               | Red Kidney Bean / Tomato / Beef (Halal)        |  |  |                   | 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                            |  |  |  |                   |  |  |  |
| Thursday  | A                              | Volcano Halal Beef (Tomato Sauce)              | Beef (Halal) / Tomato                          |  |  |                   | Pea Crumbles in Tomato Sauce               | Pea Crumbles in Tomato Sauce               |  |
|           |                                | Shredded Cheddar Cheese                        | Dairy  | No Cheese                                  |  |                   | No Cheese                                  |  |  |
|           |                                | Whole Grain Pasta                              | Wheat  |  | Rice Pasta   |                   |  |  |  |
|           |                                | Diced Carrots                                  | Carrot   |  |  |                   |  |  |  |
|           | B                              | Egg Square                                     | Egg / Dairy                                    | Chicken Cutlet                             |  | Chicken Cutlet    | Vegetarian (Soy) Chick'n Tenders           |  |  |
|           |                                | Shredded Cheddar Cheese                        | Dairy  | No Cheese                                  |  | No Cheese         | No Cheese                                  |  |  |
|           |                                | Whole Wheat Bread                              | Wheat  |  | Rice Bread   |                   |  |  |  |
|           | Diced Carrots                  | Carrot   |  |  |  |                   |  |  |  |
| Friday    | A                              | Fish Lasagna                                   | Wheat / Fish / Tomato / Dairy                  | Fish Lasagna No Cheese                     | Gluten Free Fish Pasta                                 |                   | Beef Style (Soy) Lasagna                   |  |  |
|           |                                | Leafy Greens / French Dressing                 | Carrot / Cabbage / Lettuce / Spinach / Mustard |  |  |                   |  |  |  |
|           | B                              | 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 |  |  |  |                   |  |  |  |

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ALLERGEN GUIDE - Week 3

Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

|                    | Menu Selection                         | Key Ingredients of Main Menu Item                  | Dairy Free                             | Gluten Free              | Egg Free                                 | Vegan          | Vegetarian                                 | Halal                                      |  |
|--------------------|--|--|--|--------------------------|--|----------------|--|--|--|
| Monday             | A                                      | 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                                  |  |  |
|                    | B                                      | Vegetable Medley                                   | Green Bean / Green Pea / Carrot / Corn |                          |  |                |  |  |  |
|                    |  | Deconstructed Shepherd's Pie (Halal Beef in Gravy) | Beef (Halal)                           |                          |  |                | Beef Style (Soy) in Gravy                  | Beef Style (Soy) in Gravy                  |  |
|                    |  | Deconstructed Shepherd's Pie (Mashed Potatoes)     | Potato                                 |                          |  |                |  |  |  |
|                    |  | Whole Wheat Bread                                  | Wheat                                  |                          | Rice Bread                               |                |  |  |  |
| Vegetable Medley   | Green Bean / Green Pea / Carrot / Corn |  |  |                          |  |                |  |  |  |
| Tuesday            | A                                      | Breaded Fish Sticks                                | Fish / Soy / Wheat                     |                          | Plain Fish                               |                | Vegetarian (Soy) Chick'n Tenders           |  |  |
|                    |  | Whole Wheat Wrap                                   | Rice / Wheat                           |                          | Corn Taco                                |                |  |  |  |
|                    |  | Diced Carrots                                      | Carrot                                 |                          |  |                |  |  |  |
|                    | B                                      | 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                                 |  |  |                          |  |                |  |  |  |
| Wednesday          | A                                      | Halal 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                    |                          |  |                |  |  |  |
|                    | B                                      | Turkey Meatballs in Tomato Sauce                   | Turkey / Soy / Wheat / Tomato          |                          | Diced Turkey in Tomato Sauce             |                | Vegetarian (Soy) Meatballs in Tomato Sauce | Vegetarian (Soy) Meatballs in Tomato Sauce | Vegetarian (Soy) Meatballs in Tomato Sauce |
|                    |  | Whole Wheat Bun                                    | Wheat                                  |                          | Rice Bun                                 |                |  |  |  |
| Sunrise Vegetables | Green Bean / Carrot                    |  |  |                          |  |                |  |  |  |
| Thursday           | A                                      | Salsa Chicken Drumstick                            | Chicken / Tomato / Pepper              |                          |  |                | Salsa Beans                                | Salsa Beans                                | Halal Salsa Drumstick                      |
|                    |  | Brown Rice   | Rice                                   |                          |  |                |  |  |  |
|                    |  | Peas and Corn                                      | Green Pea / Corn                       |                          |  |                |  |  |  |
|                    | B                                      | Classic Mac and Cheese                             | Wheat / Dairy                          | Macaroni in Tomato Sauce | Gluten Free Macaroni in Tomato Sauce     |                | Macaroni in Tomato Sauce                   |  |  |
|                    |  | Edamame and Pepper Salad                           | Soy / Red Pepper                       |                          |  |                |  |  |  |
| Peas and Corn      | Green Pea / Corn                       |  |  |                          |  |                |  |  |  |
| Friday             | A                                      | 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                               |                          |  |                |  |  |  |
|                    | B                                      | Butter Chicken                                     | Chicken / Potato / Dairy / Tomato      | Chicken In Tomato Sauce  |  |                | Vegetarian (Soy) Chick'n in Tomato Sauce   | Butter Vegetarian (Soy) Chick'n            | Halal Butter Chicken                       |
|                    |  | Brown Rice   | Rice                                   |                          |  |                |  |  |  |
| Broccoli           | Broccoli                               |  |  |                          |  |                |  |  |  |

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**ALLERGEN GUIDE - Week 4**  
Fall / Winter 2023-2024

Healthy Balance Menu  
Healthy Choices Menu

|           | Menu Selection     | Key Ingredients of Main Menu Item           | Dairy Free  | Gluten Free                            | Egg Free   | Vegan          | Vegetarian                          | Halal                               |                                     |
|-----------|--------------------|---|---|--|--|----------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Monday    | A                  | <b>Turkey Lasagna</b>                       | Turkey / Tomato / Dairy / Wheat   | Turkey Lasagna No Cheese               | Gluten Free Turkey Lasagna                       |                | Pea Crumble Lasagna                 | Pea Crumble Lasagna                 | Halal Beef Lasagna                  |
|           |                    | <b>Diced Carrots</b>                        | Carrot  |  |  |                |                                     |                                     |                                     |
|           |                    | Egg Square                                  | Egg / Dairy   | Chicken Cutlet                         |  | Chicken Cutlet | Vegetarian (Soy) Chick'n Tenders    |                                     |                                     |
|           | B                  | Whole Wheat Texas Toast                     | Wheat   |  | Rice Bread                                       |                |                                     |                                     |                                     |
|           |                    | Cheddar Cheese Slice                        | Dairy   | No Cheese                              |  | No Cheese      | No Cheese                           |                                     |                                     |
|           | Diced Carrots      | Carrot                                      |   |  |  |                |                                     |                                     |                                     |
| Tuesday   | A                  | <b>Breaded Chicken Pieces</b>               | Chicken / Soy / Wheat   |  | Plain Diced Chicken                              |                | Vegetarian (Soy) Chick'n Tenders    | Vegetarian (Soy) Chick'n Tenders    | Halal Chicken Pieces                |
|           |                    | <b>Brown Rice</b>                           | Rice  |  |  |                |                                     |                                     |                                     |
|           |                    | <b>Plum Sauce</b>                           | Plum / Pumpkin / Citrus   |  |  |                |                                     |                                     |                                     |
|           |                    | <b>Peas and Corn</b>                        | Green Peas / Corn   |  |  |                |                                     |                                     |                                     |
|           | B                  | Halal Beef Strips in Gravy                  | Beef (Halal)  |  |  |                | Beef Style (Soy) in Gravy           | Beef Style (Soy) in Gravy           |                                     |
|           |                    | Brown Rice                                  | Rice  |  |  |                |                                     |                                     |                                     |
|           | Peas and Corn      | Green Peas / Corn                           |   |  |  |                |                                     |                                     |                                     |
| Wednesday | A                  | <b>Whitefish Bowtie Pasta in Rose Sauce</b> | Fish / Wheat / Tomato / Dairy   | Whitefish Bowtie Pasta in Tomato Sauce | Gluten Free Whitefish Bowtie Pasta in Rose Sauce |                | Lentil Bowtie Pasta in Tomato Sauce |                                     |                                     |
|           |                    | <b>Vegetable Medley</b>                     | Green Bean / Green Pea / Carrot / Corn                                  |  |  |                |                                     |                                     |                                     |
|           | B                  | Portuguese Chicken Drumstick                | Chicken / Red Pepper / Citrus / Tomato / Tamarind                       |  |  |                | Portuguese White Beans              | Portuguese White Beans              | Halal Portuguese Chicken Drumstick  |
|           |                    | Whole Grain Pasta                           | Wheat   |  | Rice Pasta                                       |                |                                     |                                     |                                     |
|           | Vegetable Medley   | Green Bean / Green Pea / Carrot / Corn      |   |  |  |                |                                     |                                     |                                     |
| Thursday  | A                  | <b>Beef Meatballs in Gravy</b>              | 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 |
|           |                    | <b>Wheat Bun</b>                            | Wheat   |  | Rice Bun   |                |                                     |                                     |                                     |
|           |                    | <b>Green Beans</b>                          | Green Bean  |  |  |                |                                     |                                     |                                     |
|           | B                  | Minestrone Soup                             | Tomato / Spinach / Carrot / Celery / Zucchini / Red Kidney Bean / Wheat |  | Gluten Free Minestrone Soup                      |                |                                     |                                     |                                     |
|           |                    | Whole Wheat Roll                            | Wheat   |  | Rice Bun   |                |                                     |                                     |                                     |
|           | Baby Carrots       | Carrot                                      |   |  |  |                |                                     |                                     |                                     |
| Friday    | A                  | <b>Breaded Chicken</b>                      | Chicken / Soy / Wheat   |  | Diced Chicken in Brown Sauce                     |                | Vegetarian (Soy) Chick'n Tenders    | Vegetarian (Soy) Chick'n Tenders    | Halal Chicken Pieces                |
|           |                    | <b>Hamburger Bun</b>                        | Wheat   |  | Rice Bun   |                |                                     |                                     |                                     |
|           |                    | <b>Sunrise Vegetables</b>                   | Green Bean / Carrot   |  |  |                |                                     |                                     |                                     |
|           | B                  | BBQ Baked Beans                             | Bean / Tomato / Tamarind  |  |  |                |                                     |                                     |                                     |
|           |                    | Whole Wheat Texas Toast                     | Wheat   |  | Rice Bread                                       |                |                                     |                                     |                                     |
|           | Sunrise Vegetables | Green Bean / Carrot                         |   |  |  |                |                                     |                                     |                                     |

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