



**ALLERGEN GUIDE - Week 1**  
**Fall / Winter 2023-2024**

Non-Halal Healthy Balance Menu  
Non-Halal Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	<b>Beef Burger</b>	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		<b>Hamburger Bun</b>	Wheat		Rice Bun				
		<b>Green Beans</b>	Green Bean						
	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	<b>Scrambled Eggs</b>	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Pea Crumbles in Brown Sauce		
		<b>Shredded Cheddar Cheese</b>	Dairy	No Cheese			No Cheese		
		<b>Whole Wheat Bread</b>	Wheat		Rice Bread				
		<b>Diced Carrots</b>	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	<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 Pea / Corn						
	B	Creamy Tomato Beef and Whole Grain Pasta	Wheat / Tomato / Dairy / Beef	Tomato Beef and Whole Grain Pasta	Gluten Free Creamy Beef Pasta		Tomato Beef Style (Soy) and Whole Grain Pasta	Creamy 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	<b>Turkey Cacciatore Stew</b>	Turkey / Green Pepper / Tomato				Bean Cacciatore Stew	Bean Cacciatore Stew	Halal Chicken Cacciatore Stew
		<b>Whole Wheat Roll</b>	Wheat		Rice Bun				
		<b>Leafy Greens / Balsamic Dressing</b>	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	<b>Breaded Fish Sticks</b>	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		<b>Whole Wheat Wrap</b>	Rice / Wheat		Corn Taco				
		<b>Sunrise Vegetables</b>	Green Bean / Carrot						
	B	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)
		Whole Grain Pasta	Wheat		Rice Pasta				
	Sunrise Vegetables	Green Bean / Carrot							

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**Eat Grow Thrive**



ALLERGEN GUIDE - Week 2

Fall / Winter 2023-2024

Non-Halal Healthy Balance Menu  
Non-Halal 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					
Monday	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
		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
		Whole Grain Pasta	Wheat		Rice Pasta			
Wednesday	A	Turkey Burger	Turkey / Cauliflower				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	Beef Chili	Red Kidney Bean / Tomato / Beef				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 Beef (Tomato Sauce)	Beef / 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			
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
		Brown Rice	Rice					
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						

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ALLERGEN GUIDE - Week 3

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Non-Halal Healthy Balance Menu  
Non-Halal 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		
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
	B	Deconstructed Shepherd's Pie (Beef in Gravy)	Beef				Beef Style (Soy) in Gravy	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	Beef Bolognese with Whole Grain Pasta	Wheat / Beef / Tomato		Gluten Free Beef Bolognese Pasta		Beef Style (Soy) 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**  
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 Non-Halal Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	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						
	B	Egg Square	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
		Whole Wheat Texas Toast	Wheat		Rice Bread				
		Cheddar Cheese Slice	Dairy	No Cheese		No Cheese	No Cheese		
	Diced Carrots	Carrot							
Tuesday	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 Peas / Corn						
	B	Beef Strips in Gravy	Beef				Beef Style (Soy) in Gravy	Beef Style (Soy) in Gravy	Beef Style (Soy) in Gravy
		Brown Rice	Rice						
	Peas and Corn	Green Peas / Corn							
Wednesday	A	Whitefish Bowtie Pasta in Rose Sauce	Fish / Wheat / Tomato / Dairy	Whitefish Bowtie Pasta in Tomato Sauce	Gluten Free Whitefish Bowtie Pasta in Rose Sauce		Lentil Bowtie Pasta in Tomato Sauce		
		Vegetable Medley	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	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						
	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	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						
	B	BBQ Baked Beans	Bean / Tomato / Tamarind						
		Whole Wheat Texas Toast	Wheat		Rice Bread				
	Sunrise Vegetables	Green Bean / Carrot							

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