



ALLERGEN GUIDE - Week 1

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Digestive Cookies / Vanilla Yogurt	Wheat / Oats / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Tuesday	AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread	Whole Wheat Bread		
	PM	Whole Wheat Round Crackers / Grape Tomatoes	Wheat / Coconut / Soy / Tomato		Gluten Free Corn Crackers				
Wednesday	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Spice Snaps	Wheat		Gluten Free Oatmeal Cookie				
Thursday	AM	Banana Oatmeal Bar	Oat / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin				
	PM	Whole Wheat Melba Toast / Cheddar Cheese Slice / Baby Carrots	Wheat / Dairy / Carrot	Hummus	Gluten Free Corn Crackers		Hummus		
Friday	AM	Organic Whole Wheat Carrot Muffin	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin				
	PM	Whole Wheat Oatmeal Cookies / Applesauce	Wheat / Oats / Apple / Flaxseed / Rice		Gluten Free Cookies				

Effective October 30, 2023
Last Revised December 8, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Organic Spelt Mini Ginger Snaps	Spelt / Barley		Gluten Free Oatmeal Cookie				
Tuesday	AM	Whole Wheat Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread				
	PM	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Cracker		Hummus		
Wednesday	AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Banana Oatmeal Bar	Oat / Wheat / Banana / Rice / Barley		Gluten Free Strawberry Granola Bar				
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Apple Cranberry Loaf / Baby Carrots	Berries / Apple / Wheat / Flaxseed / Carrot		Rice Bread / Apple Butter				
Friday	AM	Organic Whole Wheat Banana Muffin / Applesauce	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
	PM	Vanilla Yogurt	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt		

Effective October 30, 2023
Last Revised December 8, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 3

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie				
Tuesday	AM	Whole Wheat Blueberry Scone	Wheat / Berries / Soy / Coconut / Rice		Rice Bread / Raspberry Jam				
	PM	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Wednesday	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Organic Whole Grain Strawberry Granola Bar / Baby Carrots	GF Oats / Strawberry / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa						
Thursday	AM	Organic Whole Wheat Carrot Muffin / Applesauce	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin				
	PM	Whole Wheat Breadsticks / Cheddar Cheese Slice	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Friday	AM	Whole Wheat Oatmeal Cranberry Cookie	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
	PM	Whole Wheat Rapsberry Loaf / Cucumber Slices	Wheat / Flaxseed / Berries / Citrus / Cucumber		Rice Bread / Apple Butter				

Effective October 30, 2023
Last Revised December 8, 2023

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 4

Fall / Winter 2023-2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Spice Snaps	Wheat		Gluten Free Oatmeal Cookie				
Tuesday	AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Whole Wheat Soda Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Wednesday	AM	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	Wheat / Raisins / Apple		Rice Bread				
	PM	Mini Cocoa Snaps / Baby Carrots	Wheat / Barley / Cocoa / Carrot		Gluten Free Oatmeal Cookie				
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Raspberry Loaf	Wheat / Flaxseed / Berries / Citrus		Gluten Free Oatmeal Cookie				
Friday	AM	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin				
	PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice	Wheat / Oats / Dairy	Hardboiled Egg	Rice Bread		Hummus		

Effective October 30, 2023
Last Revised December 8, 2023

If Space is Blank no replacement is required

Eat Grow Thrive