



ALLERGEN GUIDE - Week 1

Fall / Winter 2023-2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	Rice / Barley / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Spice Snaps / Fresh Fruit	Wheat		Gluten Free Oatmeal Cookie	
		Plus	Spice Snaps / Fresh Fruit / Peach Yogurt	Wheat / Dairy / Citrus / Peach	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
Tuesday	AM	Standard	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin	
		Plus	Banana Oatmeal Bar / Fresh Fruit	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin	
	PM	Standard	Whole Wheat Melba Toast / Cheddar Cheese Slice	Wheat / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
		Plus	Whole Wheat Melba Toast / Cheddar Cheese Slice / Fresh Fruit	Wheat / Dairy	Hummus	Gluten Free Corn Cracker	Hummus
Wednesday	AM	Standard	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread
		Plus	Whole Wheat Pancake / Apple Butter / Fresh Fruit	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread
	PM	Standard	Whole Wheat Oatmeal Cookie / Applesauce	Wheat / Oats / Apple / Flaxseed / Rice		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Oatmeal Cookie / Applesauce / Edamame	Wheat / Oats / Apple / Flaxseed / Rice / Soy		Gluten Free Oatmeal Cookie	
Thursday	AM	Standard	Organic Whole Wheat Carrot Muffin	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Organic Whole Wheat Carrot Muffin / Fresh Fruit	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin	
	PM	Standard	Whole Wheat Breadsticks / Hummus	Wheat / Barley / Chickpea		Gluten Free Corn Crackers	
		Plus	Whole Wheat Breadsticks / Hummus / Cucumber Slices	Wheat / Barley / Chickpea / Cucumber		Gluten Free Corn Crackers	
Friday	AM	Standard	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Whole Wheat Apple Cranberry Loaf / Baby Carrots	Berries / Apple / Wheat / Flaxseed / Carrot		Rice Bread / Apple Butter	
		Plus	Whole Wheat Apple Cranberry Loaf / Baby Carrots / Cheddar Cheese Cubes	Berries / Apple / Wheat / Flaxseed / Carrot / Dairy	Hardboiled Egg	Rice Bread / Apple Butter	Coconut Yogurt

Effective October 30, 2023  
Last Revised December 8, 2023

If Space is Blank no replacement is required



ALLERGEN GUIDE - Week 2

Fall / Winter 2023-2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Corn Flakes Cereal / Milk / Fresh Fruit	Corn / Barley / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Organic Spelt Mini Ginger Snaps / Baby Carrots	Spelt / Barley / Carrot		Gluten Free Oatmeal Cookie	
		Plus	Organic Spelt Mini Ginger Snaps / Baby Carrots / Vanilla Yogurt	Spelt / Barley / Carrot / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Mini Bagel / Apple Butter	Wheat / Flaxseed / Rice / Apple		Rice Bread	
		Plus	Whole Wheat Mini Bagel / Apple Butter / Fresh Fruit	Wheat / Flaxseed / Rice / Apple		Rice Bread	
	PM	Standard	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
		Plus	Whole Wheat Crackers / Cheese Curds / Guacamole	Wheat / Barley / Dairy / Avocado / Citrus	Hummus	Gluten Free Corn Crackers	Hummus
Wednesday	AM	Standard	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
	PM	Standard	Whole Wheat Raspberry Loaf / Cucumber Slices	Wheat / Flaxseed / Berries / Citrus / Cucumber		Rice Bread / Apple Butter	
		Plus	Whole Wheat Raspberry Loaf / Cucumber Slices / Hardboiled Egg	Wheat / Flaxseed / Berries / Citrus / Cucumber / Egg		Rice Bread / Apple Butter	Cheese Curds
Thursday	AM	Standard	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin	
		Plus	Organic Whole Wheat Banana Muffin / Applesauce	Wheat / Banana / Apple		Gluten Free Carrot Muffin	
	PM	Standard	Banana Oatmeal Bar / Fresh Fruit	Oats / Wheat / Banana / Rice / Barley		Gluten Free Strawberry Granola Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit / Edamame	Oats / Wheat / Banana / Rice / Barley / Soy		Gluten Free Strawberry Granola Bar	
Friday	AM	Standard	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Whole Wheat Shreddies Cereal / Milk / Fresh Fruit	Barley / Wheat / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Vanilla Yogurt / Fresh Fruit	Dairy / Citrus	Coconut Yogurt		Coconut Yogurt
		Plus	Vanilla Yogurt / Fresh Fruit / Whole Wheat Digestive Cookies	Dairy / Citrus / Wheat / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt

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Monday	AM	Standard	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	Rice / Barley / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Whole Wheat Soda Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
		Plus	Whole Wheat Soda Crackers / Cheese Curds / Grape Tomatoes	Wheat / Barley / Dairy / Tomato	Hummus	Gluten Free Corn Crackers	Hummus
Tuesday	AM	Standard	Whole Wheat Blueberry Scone	Wheat / Berries / Soy / Coconut / Rice		Rice Bread / Raspberry Jam	
		Plus	Whole Wheat Blueberry Scone / Fresh Fruit	Wheat / Berries / Soy / Coconut / Rice		Rice Bread / Raspberry Jam	
	PM	Standard	Whole Wheat Banana Oat Bite / Fresh Fruit	Oats / Wheat / Banana / Dates		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Banana Oat Bite / Fresh Fruit / Edamame	Oats / Wheat / Banana / Dates / Soy		Gluten Free Oatmeal Cookie	
Wednesday	AM	Standard	Whole Wheat Oatmeal Cranberry Cookie	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Oatmeal Cranberry Cookie / Applesauce	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie	
	PM	Standard	Whole Wheat Breadsticks / Cheddar Cheese Slice	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
		Plus	Whole Wheat Breadsticks / Cheddar Cheese Slice / Cucumber Slices	Wheat / Barley / Dairy / Cucumber	Hummus	Gluten Free Corn Crackers	Hummus
Thursday	AM	Standard	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	Oats / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Spice Snaps / Fresh Fruit	Wheat		Gluten Free Oatmeal Cookie	
		Plus	Spice Snaps / Fresh Fruit / Hardboiled Egg	Wheat / Egg		Gluten Free Oatmeal Cookie	Cheese Curds
Friday	AM	Standard	Organic Whole Wheat Carrot Muffin	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Organic Whole Wheat Carrot Muffin / Fresh Fruit	Wheat / Carrot / Apple / Flaxseed		Gluten Free Carrot Muffin	
	PM	Standard	Organic Whole Grain Strawberry Granola Bar / Baby Carrots	GF Oats / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa			
		Plus	Organic Whole Grain Strawberry Granola Bar / Baby Carrots / Vanilla Yogurt	GF Oats / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa / Dairy / Citrus	Coconut Yogurt		



ALLERGEN GUIDE - Week 4

Fall / Winter 2023-2024

Standard Snack Menu  
Plus Snack Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Corn Flakes Cereal / Milk / Fresh Fruit	Corn / Barley / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Mini Cocoa Snaps / Fresh Fruit	Wheat / Barley / Cocoa		Gluten Free Oatmeal Cookie	
		Plus	Mini Cocoa Snaps / Fresh Fruit / Cheese Curds	Wheat / Barley / Cocoa / Dairy	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter	Wheat / Raisins / Apple		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Mini Cinnamon Raisin Bagel / Apple Butter / Fresh Fruit	Wheat / Raisins / Apple		Gluten Free Oatmeal Cookie	
	PM	Standard	Whole Wheat Pita Pocket / Cheddar Cheese Slice	Wheat / Oats / Dairy	Hardboiled Egg	Rice Bread	Hummus
		Plus	Whole Wheat Pita Pocket / Cheddar Cheese Slice / Fresh Fruit	Wheat / Oats / Dairy	Hardboiled Egg	Rice Bread	Hummus
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
	PM	Standard	Whole Wheat Raspberry Loaf / Fresh Fruit	Wheat / Flaxseed / Berries / Citrus		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Raspberry Loaf / Fresh Fruit / Edamame	Wheat / Flaxseed / Berries / Citrus / Soy		Gluten Free Oatmeal Cookie	
Thursday	AM	Standard	Organic Whole Wheat Banana Muffin	Wheat / Banana / Apple		Gluten Free Carrot Muffin	
		Plus	Organic Whole Wheat Banana Muffin / Fresh Fruit	Wheat / Banana / Apple		Gluten Free Carrot Muffin	
	PM	Standard	Whole Wheat Round Crackers / Grape Tomatoes	Wheat / Coconut / Soy / Tomato		Gluten Free Corn Crackers	
		Plus	Whole Wheat Round Crackers / Grape Tomatoes / Cheddar Cheese Cubes	Wheat / Coconut / Soy / Tomato / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
Friday	AM	Standard	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Whole Wheat Shreddies Cereal / Milk / Fresh Fruit	Barley / Wheat / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Whole Wheat Digestive Cookies / Vanilla Yogurt	Wheat / Oats / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
		Plus	Whole Wheat Digestive Cookies / Vanilla Yogurt / Cucumber Slices	Wheat / Oats / Dairy / Citrus / Cucumber	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt

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