



**WHOLESOME
KIDS
CATERING**

ALLERGEN GUIDE - Week 1

Spring / Summer 2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Corn Flakes / Milk / Apple	Corn / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Whole Wheat Digestive Cookies / Vanilla Yogurt	Wheat / Oats / Citrus / Dairy	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt
Tuesday	AM	Banana Oatmeal Bar / Mango Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple / Mango		Gluten Free Carrot Muffin		
	PM	Soda Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus
Wednesday	AM	Cheerios / Milk / Pear	Oats / Rice / Sorghum / Corn / Millet / Dairy / Pear	No Milk	Chex Cereal		No Milk
	PM	Spice Snaps / Orange	Wheat / Orange		Gluten Free Oatmeal Cookie		
Thursday	AM	Pancake / Apple Butter / Pineapple	Dairy / Egg / Wheat / Apple / Pineapple	Vegan Pancake	Rice Cake	Vegan Pancake	Vegan Pancake
	PM	Whole Wheat Pita Pocket / Cheese Slice / Banana	Wheat / Oats / Dairy / Banana	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
Friday	AM	Cocoa Zucchini Muffin / Clementine	Wheat / Zucchini / Cocoa / Flaxseed / Citrus		Gluten Free Carrot Muffin		
	PM	Organic Mixed Berry Granola Minis / Apple	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom				

Effective April 15, 2024
Last Revised April 12, 2024

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

Spring / Summer 2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Rice Krispies / Milk / Orange	Rice / Barley / Dairy / Citrus	No Milk	Chex Cereal		No Milk
	PM	Melba Toast / Cheese Curds / Baby Carrots	Wheat / Dairy / Carrots	Hummus	Gluten Free Corn Crackers		Hummus
Tuesday	AM	Banana Oat Bite / Pear	Oats / Wheat / Banana / Dates / Pear		Gluten Free Oatmeal Cookie		
	PM	Digestive Cookie / Apple	Wheat / Oats / Apple		Gluten Free Oatmeal Cookie		
Wednesday	AM	Strawberry Yogurt / Granola / Clementine	Dairy / Citrus / Berries / Oats / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt
	PM	Cocoa Snaps / Berry Applesauce	Wheat / Barley / Cocoa / Apple / Berries		Gluten Free Oatmeal Cookie		
Thursday	AM	Shreddies / Milk / Cantaloupe	Barley / Wheat / Dairy / Melon	No Milk	Chex Cereal		No Milk
	PM	Maple Loaf / Cucumber Slices	Wheat / Oats / Apple / Flaxseed / GF Oats / Cucumber		Gluten Free Carrot Muffin		
Friday	AM	Fruit and Fibre Muffin / Apple	Banana / Apple / Berries / Wheat		Gluten Free Carrot Muffin		
	PM	Oatmeal Cookie / Banana	Wheat / Oats / Apple / Flaxseed / Rice		Gluten Free Oatmeal Cookie		

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ALLERGEN GUIDE - Week 3
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School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Corn Flakes / Milk / Pear	Corn / Barley / Dairy / Pear	No Milk	Chex Cereal		No Milk
	PM	Spice Snaps / Orange	Wheat / Orange		Gluten Free Oatmeal Cookie		
Tuesday	AM	Vanilla Clusters / Mango Applesauce	Date / Rice / Coconut / Dairy / Mango / Apple	Arrowroot Cookies			Arrowroot Cookies
	PM	WW Flat Crackers / Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
Wednesday	AM	Cheerios / Milk / Clementine	Oats / Rice / Sorghum / Corn / Millet / Dairy / Citrus	No Milk	Chex Cereal		No Milk
	PM	Ginger Snaps / Pear	Spelt / Barley / Pear		Gluten Free Oatmeal Cookie		
Thursday	AM	Cocoa Zucchini Muffin / Banana	Wheat / Zucchini / Cocoa / Flaxseed / Banana		Gluten Free Carrot Muffin		
	PM	WW Breadsticks / Applesauce	Wheat / Barley / Apple		Rice Cake		
Friday	AM	WW Bagel / Cream Cheese / Cantaloupe	Wheat / Flaxseed / Rice / Dairy / Melon	Tofutti Vegan Cream Cheese	Rice Bread		Tofutti Vegan Cream Cheese
	PM	Lemon Blueberry Loaf / Cucumber Slices	Citrus / Berries / Apple / Wheat / Flaxseed / Cucumber		Gluten Free Carrot Muffin		

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ALLERGEN GUIDE - Week 4

Spring / Summer 2024

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Rice Krispies / Milk / Apple	Rice / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	BOB Bar / Clementine	Oats / Wheat / Banana / Rice / Barley / Citrus		Gluten Free Strawberry Granola Bar		
Tuesday	AM	Peach Yogurt / Granola / Orange	Peach / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt
	PM	WW Flat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hardboiled Egg	Gluten Free Corn Crackers		Hummus
Wednesday	AM	Apple Cinnamon Bagel / Apple Butter / Pear	Wheat / Apple / Pear		Rice Bread		
	PM	Raspberry Clusters / Applesauce	Date / Rice / Coconut / Dairy / Berries / Apple	Mixed Berry Granola Minis			Mixed Berry Granola Minis
Thursday	AM	Shreddies / Milk / Banana	Barley / Wheat / Dairy / Banana	No Milk	Chex Cereal		No Milk
	PM	Maple Loaf / Carrots	Oats / Wheat / Apple / Flaxseed / Carrot		Gluten Free Carrot Muffin		
Friday	AM	Fruit and Fibre Muffin / Honeydew	Wheat / Berries / Apple / Banana / Melon		Gluten Free Carrot Muffin		
	PM	WW Breton Crackers / Grape Tomatoes	Wheat / Coconut / Soy		Rice Cake		

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