



ALLERGEN GUIDE - Week 1

Spring / Summer 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	Multigrain Cheerios Cereal / Milk	Rice / Oats / Sorghum / Corn / Millet / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	Rice / Oats / Sorghum / Corn / Millet / 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	Whole Wheat Pancake / Strawberry Jam	Dairy / Egg / Wheat / Berries / Amaranth	Vegan Pancake	Rice Bread	Vegan Pancake
		Plus	Whole Wheat Pancake / Strawberry Jam / Fresh Fruit	Dairy / Egg / Wheat / Berries / Amaranth	Vegan Pancake	Rice Bread	Vegan Pancake
	PM	Standard	Whole Wheat Pita Pocket / Cheddar Cheese Slice	Wheat / Oats / Dairy	Vegan Cheese Slice	Rice Bread	Vegan Cheese Slice
		Plus	Whole Wheat Pita Pocket / Cheddar Cheese Slice / Fruity Applesauce	Wheat / Oats / Dairy / Mango / Apple	Vegan Cheese Slice	Rice Bread	Vegan Cheese Slice
Wednesday	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 Digestive Cookies / Fresh Fruit	Wheat / Oats		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Edamame	Wheat / Oats / Soy		Gluten Free Oatmeal Cookie	
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	Wheat / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	Wheat / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin	
	PM	Standard	Whole Wheat Crackers / Cheese Cubes	Wheat / Barley / Dairy	Hardboiled Egg	Rice Cake	Hummus
		Plus	Whole Wheat Crackers / Cheese Cubes / Baby Carrots	Wheat / Barley / Dairy / Carrot	Hardboiled Egg	Rice Cake	Hummus
Friday	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 Maple Oat Loaf / Cucumber Slices	Oats / Wheat / Apple / Flaxseed / Cucumber		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Maple Oat Loaf / Cucumber Slices / Hummus	Oats / Wheat / Apple / Flaxseed / Cucumber / Chickpea		Gluten Free Carrot Muffin	

Effective April 15, 2024
Last Revised May 23, 2024

If Space is Blank no replacement is required

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	
Monday	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	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom				
		Plus	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit / Vanilla Yogurt	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Dairy / Citrus	Coconut Yogurt			Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Banana Oat Bite	Oats/ Wheat / Banana / Dates		Gluten Free Oatmeal Cookie		
		Plus	Whole Wheat Banana Oat Bite / Fresh Fruit	Oats/ Wheat / Banana / Dates		Gluten Free Oatmeal Cookie		
	PM	Standard	Whole Wheat Melba Toast / Cheese Curds	Wheat / Dairy	Hummus	Gluten Free Corn Crackers		Hummus
		Plus	Whole Wheat Melba Toast / Cheese Curds / Baby Carrots	Wheat / Dairy / Carrot	Hummus	Gluten Free Corn Crackers		Hummus
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	Dairy / Citrus / Berries / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt	
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Berries / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt	
	PM	Standard	Mini Cocoa Snaps / Fruity Applesauce	Wheat / Barley / Cocoa / Berries / Apple		Gluten Free Oatmeal Cookie		
		Plus	Mini Cocoa Snaps / Fruity Applesauce / Hardboiled Egg	Wheat / Barley / Cocoa / Berries / Apple / Egg	Hummus	Gluten Free Oatmeal Cookie	Cheese Slice	Hummus
Thursday	AM	Standard	Whole Wheat Fruit and Fibre Muffin	Wheat / Berries / Apple / Banana		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Fruit and Fibre Muffin / Fresh Fruit	Wheat / Berries / Apple / Banana		Gluten Free Carrot Muffin		
	PM	Standard	Whole Wheat Breadsticks / Cheese Cubes	Wheat / Barley / Dairy	Hardboiled Egg	Rice Cake		Hummus
		Plus	Whole Wheat Breadsticks / Cheese Cubes / Guacamole	Wheat / Barley / Dairy / Avocado / Citrus	Hardboiled Egg	Rice Cake		Hummus
Friday	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	Whole Grain Oatmeal Cookie / Fresh Fruit	Wheat / Oats / Apple / Flaxseed / Rice		Gluten Free Oatmeal Cookie		
		Plus	Whole Grain Oatmeal Cookie / Fresh Fruit / Edamame	Wheat / Oats / Apple / Flaxseed / Rice / Soy		Gluten Free Oatmeal Cookie		

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Multigrain Cheerios Cereal / Milk	Rice / Oats / Sorghum / Corn / Millet / Dairy	No Milk	Chex Cereal	No Milk
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	Rice / Oats / Sorghum / Corn / Millet / Dairy	No Milk	Chex Cereal	No Milk
	PM	Standard	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt	Spelt / Barley / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
		Plus	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt / Fresh Fruit	Spelt / Barley / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt
Tuesday	AM	Standard	Whole Grain Oatmeal Cranberry Round	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie	
		Plus	Whole Wheat Oatmeal Cranberry Round / Fruity Applesauce	Oats / Wheat / Berries / Flaxseed / Apple / Rice / Mango		Gluten Free Oatmeal Cookie	
	PM	Standard	Whole Wheat Crackers / Cheddar Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Gluten Free Corn Crackers	Vegan Cheese Slice
		Plus	Whole Wheat Crackers / Cheddar Cheese Slice / Baby Carrots	Wheat / Barley / Dairy / Carrot	Vegan Cheese Slice	Gluten Free Corn Crackers	Vegan Cheese Slice
Wednesday	AM	Standard	Whole Wheat Mini Bagel / Cream Cheese	Wheat / Flaxseed / Rice / Dairy	Tofutti Vegan Cream Cheese	Rice Bread	Tofutti Vegan Cream Cheese
		Plus	Whole Wheat Mini Bagel / Cream Cheese / Fresh Fruit	Wheat / Flaxseed / Rice / Dairy	Tofutti Vegan Cream Cheese	Rice Bread	Tofutti Vegan Cream Cheese
	PM	Standard	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit / Hardboiled Egg	Citrus / Berries / Apple / Wheat / Flaxseed / Egg		Gluten Free Carrot Muffin	Cheese Curds
Thursday	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	Banana Oatmeal Bar / Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple		Gluten Free Strawberry Granola Bar	
		Plus	Banana Oatmeal Bar / Applesauce / Edamame	Oats / Wheat / Banana / Rice / Barley / Apple / Soy		Gluten Free Strawberry Granola Bar	
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	Wheat / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	Wheat / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin	
	PM	Standard	Spice Snaps / Cucumber Slices	Wheat / Cucumber		Gluten Free Oatmeal Cookie	
		Plus	Spice Snaps / Cucumber Slices / Strawberry Yogurt	Wheat / Cucumber / Dairy / Citrus / Berries	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	
Monday	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	Organic Gluten-Free Whole Grain Strawberry Granola Bar / Fresh Fruit	GF Oats / Strawberry / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa				
		Plus	Organic Gluten-Free Whole Grain Strawberry Granola Bar / Fresh Fruit / Vanilla Yogurt	GF Oats / Strawberry / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa / Dairy / Citrus	Coconut Yogurt			Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Mini Apple Cinnamon Bagel / Apple Butter	Wheat / Apple		Rice Bread		
		Plus	Whole Wheat Mini Apple Cinnamon Bagel / Apple Butter / Fresh Fruit	Wheat / Apple		Rice Bread		
	PM	Standard	Whole Wheat Round Crackres / Cheese Curds	Wheat / Coconut / Soy / Dairy	Hardboiled Egg	Rice Cake		Hummus
		Plus	Whole Wheat Round Crackres / Cheese Curds / Grape Tomatoes	Wheat / Coconut / Soy / Dairy / Tomato	Hardboiled Egg	Rice Cake		Hummus
Wednesday	AM	Standard	Peach Yogurt / Whole Grain Granola	Peach / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt	
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	Peach / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie	Coconut Yogurt	
	PM	Standard	Whole Wheat Maple Oat Loaf / Applesauce	Oats / Wheat / Apple / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Maple Oat Loaf / Applesauce / Edamame	Oats / Wheat / Apple / Flaxseed / Soy		Gluten Free Carrot Muffin		
Thursday	AM	Standard	Whole Wheat Fruit and Fibre Muffin	Wheat / Berries / Apple / Banana		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Fruit and Fibre Muffin / Fresh Fruit	Wheat / Berries / Apple / Banana		Gluten Free Carrot Muffin		
	PM	Standard	Square Wheat Crackers / Cheddar Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Gluten Free Corn Crackers		Vegan Cheese Slice
		Plus	Square Wheat Crackers / Cheddar Cheese Slice / Fresh Fruit	Wheat / Barley / Dairy	Vegan Cheese Slice	Gluten Free Corn Crackers		Vegan Cheese Slice
Friday	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	Whole Wheat Digestive Cookies / Strawberry Yogurt	Wheat / Oats / Dairy / Citrus / Berries	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt
		Plus	Whole Wheat Digestive Cookies / Strawberry Yogurt / Fresh Fruit	Wheat / Oats / Dairy / Citrus / Berries	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt