



ALLERGEN GUIDE - Week 1
Spring / Summer 2024

Healthy Balance Menu
 Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Sunrise Vegetables	Green Bean / Carrot						
	B	Chicken Alfredo Pasta	Chicken / Dairy	Tomato Chicken			Tomato Vegetarian (Soy) Chick'n	Vegetarian (Soy) Chick'n Alfredo	Halal Chicken Alfredo
		Pasta	Wheat		Rice Pasta				
Sunrise Vegetables		Green Bean / 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						
		Corn	Corn						
	B	Turkey Alphabet Soup	Turkey / Carrot / Celery / Wheat / Soy		Gluten Free Turkey Noodle Soup		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
		Whole Wheat Bread	Wheat		Rice Bread				
Baby Carrots		Carrot							
Wednesday	A	Cheddar Cheese Omelet	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Wheat		Rice Bun				
		Green Peas	Green Pea						
	B	Tomato Halal Beef Mac and Cheese	Wheat / Beef (Halal) / Dairy / Tomato	Tomato Halal Beef Mac	Gluten Free Tomato Halal Beef Mac		Tomato Lentil Mac	Tomato Lentil Mac and Cheese	
	Green Peas	Green Pea							
Thursday	A	Teriyaki Chicken Drumstick	Chicken / Soy / Wheat / Barley / Citrus		Herbed Chicken Drumstick		Teriyaki Chickpeas	Teriyaki Chickpeas	Teriyaki Halal Chicken Drumstick
		Whole Grain Pasta	Wheat		Gluten Free Pasta				
		Green Beans	Green Bean						
	B	Turkey and Corn Chowder	Turkey / Potato / Dairy / Corn / Celery / Chicken	Turkey and Corn in Gravy			Bean and Corn in Gravy	Bean and Corn Chowder	Halal Chicken and Corn Chowder
		Cornbread	Wheat / Egg / Corn / Dairy	Ciabatta Bread	Rice Bread	Ciabatta Bread	Ciabatta Bread		
Green Beans		Green Bean							
Friday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Brown Rice	Rice						
		Carrots and Turnips	Carrot / Turnip						
	B	Sweet and Sour Halal Beef Strips	Beef (Halal) / Tomato / Tamarind				Sweet and Sour Pea Crumbles	Sweet and Sour Pea Crumbles	
		Brown Rice	Rice						
	Carrots and Turnips	Carrot / Turnip							

Effective April 15, 2024
 Last Revised July 29, 2024

Eat Grow Thrive

If Space is Blank no replacement is required



ALLERGEN GUIDE - Week 2

Spring / Summer 2024

Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Beef Meatballs in Gravy	Beef / Dairy / Soy / Wheat	Beef Burger	Gluten Free Beef Burger		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
		Brown Rice	Rice						
		Diced Carrots	Carrot						
	B	Chicken Noodle Soup	Chicken / Wheat / Carrot / Celery		Gluten Free Chicken Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
		Whole Wheat Dinner Roll	Wheat		Rice Bun				
	Baby Carrots	Carrot							
Tuesday	A	Butter Chicken	Chicken / Potato / Dairy / Tomato / Citrus	Chicken in Tomato Sauce			Red Lentil Curry	Red Lentil Curry	Halal Butter Chicken
		Naan Bread	Wheat		Rice Bread				
		Green Beans	Green Bean						
	B	Scrambled Eggs	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Roasted Potatoes	Potato						
		Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Bread	Wheat		Rice Bread					
Wednesday	A	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Corn	Corn						
	B	Halal Beef Mac and Cheese	Beef (Halal) / Dairy / Wheat	Halal Beef Tomato Mac	Gluten Free Halal Beef Tomato Mac		Beef Style (Soy) Tomato Mac	Beef Style (Soy) Mac and Cheese	
	Corn	Tomato / Citrus							
Thursday	A	Hidden Bean Lasagna	Wheat / Beans / Tomato / Dairy	Hidden Bean Lasagna No Cheese	Gluten Free Hidden Bean Lasagna		Hidden Bean Lasagna No Cheese		
		Carrots and Turnips	Carrot / Turnip						
	B	Lemon Chicken Drumstick	Chicken / Citrus				Lemon Chickpeas	Lemon Chickpeas	Lemon Halal Chicken Drumstick
		Whole Wheat Pita Pocket	Wheat / Oats		Rice Bread				
	Carrots and Turnips	Carrot / Turnip							
Friday	A	Breaded Fish	Fish / Wheat		Plain Fish		Vegetarian (Soy) Burger		
		Hamburger Bun	Wheat		Rice Bun				
		Peas and Corn	Green Pea / Corn						
	B	Italian Ground Turkey with Pasta	Wheat / Squash / Zucchini / Tomato / Turkey		Gluten Free Italian Ground Turkey Pasta		Italian Pea Crumble with Pasta	Italian Pea Crumble with Pasta	Italian Halal Ground Breef with Pasta
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							

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	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Swedish Turkey Meatballs	Turkey / Soy / Wheat / Dairy	Turkey Meatballs in Gravy	Turkey Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Swedish Vegetarian (Soy) Meatballs	Swedish Vegetarian (Soy) Meatballs
		Whole Grain Pasta	Wheat		Rice Pasta				
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
	B	Halal Ground Beef Sloppy Joe	Beef (Halal) / Pepper / Mustard / Tomato				Lentil Sloppy Joe	Lentil Sloppy Joe	
		Hamburger Bun	Wheat		Rice Bun				
		White Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
	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				
		Broccoli	Broccoli						
	B	Chicken Tikka Stew	Chicken / Dairy / Tomato / Citrus / Celery / Carrot	Chicken in Tomato Sauce			Chickpeas in Tomato Sauce	Chickpea Tikka Stew	Halal Chicken Tikka Stew
		Whole Wheat Pita Pocket	Wheat / Oats		Rice Bread				
	Broccoli	Broccoli							
Wednesday	A	BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				BBQ Red Kidney Beans	BBQ Red Kidney Beans	BBQ Halal Chicken Drumstick
		Brown Rice	Rice						
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
	B	Halal Beef Bolognese Pasta	Wheat / Beef (Halal) / Tomato		Gluten Free Halal Beef Bolognese Pasta		Pea Crumble Bolognese Pasta	Pea Crumble Bolognese Pasta	
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
Thursday	A	Teriyaki Diced Turkey	Turkey / Soy / Wheat / Barley / Citrus		Turkey in Gravy		Teriyaki Chick'n (Soy)	Teriyaki Chick'n (Soy)	Teriyaki Halal Chicken
		Whole Wheat Bread	Wheat		Rice Bread				
		Corn	Corn						
	B	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat English Muffin	Wheat		Rice Bread				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
	Corn	Corn							
Friday	A	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
		Black Bean and Corn Salad	Black Bean / Corn / Tomato / Citrus						
		Diced Carrots	Carrot						
	B	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Hamburger Bun	Wheat		Rice Bun				
	Diced Carrots	Carrot							



ALLERGEN GUIDE - Week 4

Spring / Summer 2024

Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	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						
	Green Beans	Green Bean							
	B	Turkey Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Beef Style (Soy) Lasagna	Beef Style (Soy) Lasagna	Halal Beef Lasagna
Green Beans		Green Bean							
Tuesday	A	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Texas Toast	Wheat		Rice Bread				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Diced Carrots	Carrot						
	B	Mini Beef Meatball Soup	Beef / Wheat / Soy / Sunflower / Carrot / Spinach		Gluten Free Halal Ground Beef Soup		White Kidney Bean Soup	White Kidney Bean Soup	Halal Ground Beef Soup
		Whole Wheat Dinner Roll	Wheat		Rice Bread				
Baby Carrots	Carrot								
Wednesday	A	Herbed Chicken Drumstick	Chicken				Herbed Chick'n (Soy)	Herbed Chick'n (Soy)	Herbed Halal Chicken Drumstick
		Brown Rice	Rice						
		Peas and Corn	Green Pea / Corn						
	B	BBQ Diced Turkey	Turkey / Tomato / Tamarind				BBQ Chick'n (Soy)	BBQ Chick'n (Soy)	Halal BBQ Diced Chicken
		Brown Rice	Rice						
Peas and Corn	Green Pea / Corn								
Thursday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Carrots and Turnips	Carrot / Turnip						
	B	Whitefish Bowtie Pasta in Rose Sauce	Wheat / Tomato / Dairy / Fish	Whitefish Bowtie Pasta in Tomato Sauce	Gluten Free Whitefish Bowtie Pasta in Rose Sauce		Lentil Bowtie Pasta in Rose Sauce		
Carrots and Turnips		Carrot / Turnip							
Friday	A	Halal Beef Bolognese Whole Grain Pasta	Wheat / Beef (Halal) / Tomato		Gluten Free Halal Beef Bolognese Whole Grain Pasta		Pea Crumble Bolognese Whole Grain Pasta	Pea Crumble Bolognese Whole Grain Pasta	
		Leafy Greens / Raspberry Dressing	Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy						
	B	Balsamic Chicken Drumstick	Chicken / Grape				Balsamic Chickpeas	Balsamic Chickpeas	Balsamic Halal Chicken Drumstick
		Whole Grain Pasta	Wheat		Rice Pasta				
Leafy Greens / Raspberry Dressing	Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy								

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