



ALLERGEN GUIDE - Week 1

Fall / Winter 2024-2025

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	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt	Spelt / Barley / Dairy / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie	Coconut Yogurt
		Plus	Organic Spelt Mini Ginger Snaps / Vanilla Yogurt / Fresh Fruit	Spelt / Barley / Dairy / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie	Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Mini Bagel / Cream Cheese	Wheat / Flaxseed / Rice / Dairy	Tofutti Vegan Cream Cheese	Rice Roll	Tofutti Vegan Cream Cheese
		Plus	Whole Wheat Mini Bagel / Cream Cheese / Fresh Fruit	Wheat / Flaxseed / Rice / Dairy	Tofutti Vegan Cream Cheese	Rice Roll	Tofutti Vegan Cream Cheese
	PM	Standard	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Dairy	Hardboiled Egg	Rice Cake	Hummus
		Plus	Whole Wheat Breadsticks / Cheese Curds / Guacamole	Wheat / Barley / Dairy / Avocado / Citrus	Hardboiled Egg	Rice Cake	Hummus
Wednesday	AM	Standard	Whole Wheat Pancake / Strawberry Jam	Dairy / Egg / Wheat / Berries / Amaranth	Vegan Pancake	Rice Cake	Vegan Pancake
		Plus	Whole Wheat Pancake / Strawberry Jam / Fresh Fruit	Dairy / Egg / Wheat / Berries / Amaranth	Vegan Pancake	Rice Cake	Vegan Pancake
	PM	Standard	Spice Snaps / Applesauce	Wheat / Apple		Rice Bread	
		Plus	Spice Snaps / Applesauce / Edamame	Wheat / Apple / Soy		Rice Bread	
Thursday	AM	Standard	Whole Wheat Apple Zucchini Muffin	Wheat / Apple / Zucchini / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	Wheat / Apple / Zucchini / Flaxseed		Gluten Free Carrot Muffin	
	PM	Standard	Square Wheat Crackers / Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Gluten Free Corn Crackers	Vegan Cheese Slice
		Plus	Square Wheat Crackers / Cheese Slice / Baby Carrots	Wheat / Barley / Dairy	Vegan Cheese Slice	Gluten Free Corn Crackers	Vegan Cheese Slice
Friday	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	Whole Wheat Banana Loaf / Cucumber Slices	Wheat / Banana / Apple / Cucumber		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Banana Loaf / Cucumber Slices / Hardboiled Egg	Wheat / Banana / Apple / Cucumber / Egg		Gluten Free Carrot Muffin	Cheese Curds

Effective October 28, 2024
Last Revised February 14, 2025

If Space is Blank no replacement is required



ALLERGEN GUIDE - Week 2

Fall / Winter 2024-2025

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	Whole Wheat Digestive Cookies / Fresh Fruit	Wheat / Oats		Gluten Free Graham Cookie	
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Peach Yogurt	Wheat / Oats / Dairy / Citrus / Peach	Coconut Yogurt	Gluten Free Graham 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 Round Crackers / Cheese Curds	Wheat / Coconut / Soy / Dairy	Hummus	Gluten Free Corn Crackers	Hummus
		Plus	Whole Wheat Round Crackers / Cheese Curds / Grape Tomatoes	Wheat / Coconut / Soy / Dairy / Tomato	Hummus	Gluten Free Corn Crackers	Hummus
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	Dairy / Citrus / Berries / Oats	Coconut Yogurt	Gluten Free Strawberry Granola Bar	Coconut Yogurt
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Berries / Oats	Coconut Yogurt	Gluten Free Strawberry Granola Bar	Coconut Yogurt
	PM	Standard	Whole Grain Oatmeal Cookie / Fruity Applesauce	Wheat / Oats / Apple / Flaxseed / Rice / Berries		Gluten Free Vanilla Cookie	
		Plus	Whole Grain Oatmeal Cookie / Fruity Applesauce / Edamame	Wheat / Oats / Apple / Flaxseed / Rice / Berries / Soy		Gluten Free Vanilla 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 / Hummus	Wheat / Barley / Chickpea		Rice Bread	
		Plus	Whole Wheat Crackers / Hummus / Cucumbers Slices	Wheat / Barley / Chickpea / Cucumber		Rice Bread	
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	Mini Cocoa Snaps / Fresh Fruit	Wheat / Barley / Cocoa		Gluten Free Graham Cookie	
		Plus	Mini Cocoa Snaps / Fresh Fruit / Cheese Slice	Wheat / Barley / Cocoa / Dairy	Vegan Cheese Slice	Gluten Free GrahamCookie	Vegan Cheese Slice

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		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	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 / Cheese Curds	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Dairy	Hardboiled Egg			Hummus
Tuesday	AM	Standard	English Muffin / Apple Butter	Wheat / Apple		Rice Bread		
		Plus	English Muffin / Apple Butter / White Cheese Slice	Wheat / Apple / Dairy	Vegan Cheese Slice	Rice Bread	Vegan Cheese Slice	
	PM	Standard	Spice Snaps / Vanilla Yogurt	Wheat	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
		Plus	Spice Snaps / Vanilla Yogurt / Fresh Fruit	Wheat / Dairy / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
Wednesday	AM	Standard	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Strawberry Granola Bar		
		Plus	Banana Oatmeal Bar / Fruity Applesauce	Oats / Wheat / Banana / Rice / Barley / Berries / Apple		Gluten Free Strawberry Granola Bar		
	PM	Standard	Whole Wheat Banana Loaf / Baby Carrots	Wheat / Banana / Apple / Carrot		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Banana Loaf / Baby Carrots / Hardboiled Egg	Wheat / Banana / Apple / Carrot / Egg		Gluten Free Carrot Muffin	Cheese Curds	
Thursday	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	Whole Wheat Melba Toast / Cheese Cubes	Wheat / Dairy	Hummus	Gluten Free Corn Crackers		Hummus
		Plus	Whole Wheat Melba Toast / Cheese Cubes / Cucumber Slices	Wheat / Dairy / Cucumber	Hummus	Gluten Free Corn Crackers		Hummus
Friday	AM	Standard	Whole Wheat Apple Zucchini Muffin	Wheat / Apple / Zucchini / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	Wheat / Apple / Zucchini / Flaxseed		Gluten Free Carrot Muffin		
	PM	Standard	Whole Grain Oatmeal Cranberry Cookie / Fresh Fruit	Oats / Wheat / Berries / Flaxseed / Apple / Rice		Gluten Free Graham Cookie		
		Plus	Whole Grain Oatmeal Cranberry Cookie / Fresh Fruit / Edamame	Oats / Wheat / Berries / Flaxseed / Apple / Rice / Soy		Gluten Free Graham Cookie		



ALLERGEN GUIDE - Week 4

Fall / Winter 2024-2025

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	Whole Wheat Digestive Cookie / Fresh Fruit	Wheat / Oats		Gluten Free Vanilla Cookie	
		Plus	Whole Wheat Digestive Cookie / Fresh Fruit / Strawberry Yogurt	Wheat / Oats / Dairy / Citrus / Berries	Coconut Yogurt	Gluten Free Vanilla Cookie	Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Banana Oat Bite	Oats / Wheat / Banana / Dates		Gluten Free Strawberry Granola Bar	
		Plus	Whole Wheat Banana Oat Bite / Fresh Fruit	Oats / Wheat / Banana / Dates		Gluten Free Strawberry Granola Bar	
	PM	Standard	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Cake	Hummus
		Plus	Whole Wheat Crackers / Cheese Curds / Fresh Fruit	Wheat / Barley / Dairy	Hummus	Rice Cake	Hummus
Wednesday	AM	Standard	Peach Yogurt / Whole Grain Granola	Peach / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Graham Cookie	Coconut Yogurt
		Plus	Peach Yogurt / Whole Grain Granola / Fresh Fruit	Peach / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Graham Cookie	Coconut Yogurt
	PM	Standard	Whole Wheat Pumpkin Loaf / Fresh Fruit	Wheat / Apple / Pumpkin / Flaxseed		Gluten Free Carrot Muffin	
		Plus	Whole Wheat Pumpkin Loaf / Fresh Fruit / Edamame	Wheat / Apple / Pumpkin / Flaxseed / Soy		Gluten Free Carrot Muffin	
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	Banana Oat Bar / Cucumber Slices	Oats / Wheat / Banana / Rice / Barley / Cucumber		Gluten Free Vanilla Cookie	
		Plus	Banana Oat Bar / Cucumber Slices / Hummus	Oats / Wheat / Banana / Rice / Barley / Cucumber / Chickpea		Gluten Free Vanilla Cookie	
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	Pretzel Bun / White Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Rice Roll	Vegan Cheese Slice
		Plus	Pretzel Bun / White Cheese Slice / Baby Carrots	Wheat / Barley / Dairy / Carrot	Vegan Cheese Slice	Rice Roll	Vegan Cheese Slice

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Eat Grow Thrive