



ALLERGEN GUIDE - Week 1

Fall / Winter 2024-2025

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Shreddies / Milk / Apple	Barley / Wheat / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Banana Oatmeal Bar / Baby Carrots	Oats / Wheat / Banana / Rice / Barley / Carrot		Gluten Free Strawberry Granola Bar		
Tuesday	AM	Whole Wheat Bagel / Cream Cheese / Orange	Wheat / Flaxseed / Rice / Dairy / Orange	Tofutti Vegan Cream Cheese	Rice Roll		Tofutti Vegan Cream Cheese
	PM	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Dairy	Hardboiled Egg	Rice Cake		Hardboiled Egg
Wednesday	AM	Rice Krispies / Milk / Pear	Rice / Barley / Dairy / Pear	No Milk	Chex Cereal		No Milk
	PM	Spice Snaps / Applesauce	Wheat / Apple		Rice Bread		
Thursday	AM	Whole Wheat Apple Zucchini Muffin / Pineapple	Wheat / Apple / Zucchini / Flaxseed / Pineapple		Gluten Free Carrot Muffin		
	PM	Soda Crackers / Cheese Slice / Cucumber Slices	Wheat / Barley / Dairy / Cucumber	Vegan Cheese Slice	Gluten Free Corn Crackers		Vegan Cheese Slice
Friday	AM	Whole Wheat Pancake / Strawberry Jam / Banana	Dairy / Egg / Wheat / Berries / Amaranth / Banana	Vegan Pancake	Rice Cake		Vegan Pancake
	PM	Whole Wheat Banana Loaf / Clementine	Wheat / Banana / Apple / Citrus		Gluten Free Carrot Muffin		

Effective October 28, 2024
Last Reviewed February 14, 2025

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

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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	Cheerios / Milk / Apple	Oats / Rice / Sorghum / Corn / Millet / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Digestive Cookies / Clementine	Wheat / Oats / Citrus		Gluten Free Vanilla Cookie		
Tuesday	AM	Strawberry Yogurt / Whole Grain Granola / Orange	Dairy / Citrus / Berries / Oats / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
	PM	Oatmeal Cookie / Flavoured Applesauce	Wheat / Oats / Apple / Flaxseed / Rice / Berries		Gluten Free Vanilla Cookie		
Wednesday	AM	Banana Oatmeal Bar / Pear	Oats / Wheat / Banana / Rice / Barley / Pear		Gluten Free Strawberry Granola Bar		
	PM	Round Crackers / Cheese Curds	Wheat / Coconut / Soy / Dairy	Hardboiled Egg	Rice Cake		Hardboiled Egg
Thursday	AM	Corn Flakes / Milk / Apple	Corn / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Whole Wheat Pumpkin Loaf / Grape Tomatoes	Wheat / Apple / Pumpkin / Flaxseed / Tomato		Gluten Free Carrot Muffin		
Friday	AM	Whole Wheat Cocoa Zucchini Muffin / Honeydew	Wheat / Zucchini / Cocoa / Flaxseed / Melon		Gluten Free Carrot Muffin		
	PM	Spice Snaps / Banana	Wheat / Banana		Gluten Free Graham Cookie		

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**WHOLESONE
KIDS
CATERING**

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	Shreddies / Milk / Pear	Barley / Wheat / Dairy / Pear	No Milk	Chex Cereal		No Milk
	PM	Whole Wheat Flat Crackers / Flavoured Applesauce	Wheat / Barley / Apple / Berries		Rice Cake		
Tuesday	AM	English Muffin / Apple Butter / White Cheese Slice	Wheat / Apple / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
	PM	Mixed Berry Granola Minis / Orange	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Citrus				
Wednesday	AM	Rice Krispies Cereal / Milk / Apple	Rice / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Oatmeal Cranberry Cookie / Pear	Oats / Wheat / Berries / Flaxseed / Apple / Rice / Pear		Gluten Free Vanilla Cookie		
Thursday	AM	Banana Oatmeal Bar / Cantaloupe	Oats / Wheat / Banana / Rice / Barley / Melon		Gluten Free Strawberry Granola Bar		
	PM	Whole Wheat Banana Loaf / Clementine	Wheat / Banana / Apple / Citrus		Gluten Free Carrot Muffin		
Friday	AM	Whole Wheat Apple Zucchini Muffin / Banana	Wheat / Apple / Zucchini / Flaxseed / Banana		Gluten Free Carrot Muffin		
	PM	Melba Toast / Cheese Cubes / Cucumber Slices	Wheat / Dairy / Cucumber	Hummus	Gluten Free Corn Crackers		Hummus

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ALLERGEN GUIDE - Week 4

Fall / Winter 2024-2025

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Cheerios / Milk / Apple	Rice / Oats / Sorghum / Corn / Millet / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Digestive Cookies / Orange	Wheat / Oats/ Citrus		Gluten Free Graham Cookie		
Tuesday	AM	Peach Yogurt / Whole Grain Granola / Pear	Peach / Dairy / Citrus / Oats / Pear	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
	PM	Whole Wheat Flat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Cake		Hummus
Wednesday	AM	Banana Oat Bite / Applesauce	Oats / Wheat / Banana / Dates / Apple		Gluten Free Strawberry Granola Bars		
	PM	Spice Snaps / Clementine	Wheat / Citrus		Gluten Free Graham Cookie		
Thursday	AM	Corn Flakes / Milk / Apple	Corn / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Strawberry Granola Bar / Baby Carrots	GF Oats / Strawberry / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa				
Friday	AM	Whole Wheat Cocoa Zucchini Muffin / Honeydew	Wheat / Zucchini / Cocoa / Flaxseed / Melon		Gluten Free Carrot Muffin		
	PM	Cocoa Snaps / Banana	Wheat / Barley / Cocoa / Banana		Gluten Free Vanilla Cookie		

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