

		<div>ALLERGEN GUIDE - Week 1</div> <div>Spring / Summer 2025</div>							<div>Healthy Balance Menu</div> <div>Healthy Choices Menu</div>
		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
		Chickpea and Orange Salad	Chickpea / Carrot / Orange / Citrus / Tomato						
		Broccoli	Broccoli						
	B	Teriyaki Turkey Meatballs	Turkey / Wheat / Soy / Barley / Citrus		Turkey Meatballs in Brown Sauce		Teriyaki Vegetarian (Soy) Meatballs	Teriyaki Vegetarian (Soy) Meatballs	Teriyaki Vegetarian (Soy) Meatballs
		Brown Rice	Rice						
		Broccoli	Broccoli						
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						
		Carrots	Carrots						
	B	Three Sisters Soup	Potato / Tomato / Zucchini / Squash / Corn / Bean / Carrot / Celery / Soy						
		Javaneh Slice	Wheat		Rice Dinner Roll				
		Baby Carrots	Carrot						
Wednesday	A	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		English Muffin	Wheat		Rice Bun				
		Peas and Corn	Peas / Corn						
	B	Southwest Diced Chicken	Chicken / Bean / Corn / Tomato				Southwest Black Beans	Southwest Black Beans	Southwest Halal Diced Chicken
		Mexican Rice	Rice / Tomato / Carrot / Celery / Soy						
		Peas and Corn	Peas / Corn						
Thursday	A	Whitefish Penne Pasta in Sundried Tomato Pesto Cream Sauce	Fish / Tomato / Dairy / Wheat	Whitefish Penne in Tomato Sauce	Gluten Free Whitefish Pasta in Tomato Cream Sauce		Lentil Penne in Tomato Sauce	Lentil Penne in Tomato Pesto Cream Sauce	
		California Mix	Broccoli / Carrot / Cauliflower						
	B	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Carrots & Turnips	Wheat		Rice Bun				
		#REF!	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		California Mix	Broccoli / Carrot / Cauliflower						
Friday	A	Balsamic Glazed Chicken Drumstick	Chicken / Grapes				Balsamic Chickpeas	Balsamic Chickpeas	Balsamic Glazed Halal Chicken Drumstick
		Brown Rice	Rice						
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
	B	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	Beef / Tomato / Wheat / Squash / Zucchini		Gluten Free Italian Seasoned Beef with Pasta in Tomato Sauce		Italian Seasoned Beef Style (Soy) with Pasta in Tomato Sauce	Italian Seasoned Beef Style (Soy) with Pasta in Tomato Sauce	Italian Seasoned Halal Beef with Pasta in Tomato Sauce
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						



ALLERGEN GUIDE - Week 2

Spring / Summer 2025

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	Turkey and Whole Grain Noodle Casserole	Turkey / Chicken / Broccoli / Wheat / Dairy / Carrot / Pepper	Turkey Casserole in Brown Sauce	Gluten Free Turkey Casserole		Bean Noodle Casserole in Tomato Sauce	Bean Noodle Casserole	Halal Chicken Casserole
		Green Peas	Peas						
	B	Chicken Parmesan	Chicken / Wheat / Soy / Tomato / Dairy	Chicken Parmesan - No Cheese	Plain Chicken		Lentils in Tomato Sauce	Lentils in Tomato Sauce	Halal Chicken Chunks
		Whole Grain Pasta	Wheat		Rice Pasta				
		Green Peas	Peas						
Tuesday	A	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders
		Brown Rice	Rice						
		Plum Sauce	Plum / Pumpkin / Citrus						
		4 Way Mix	Green Bean / Pea / Carrot / Corn						
	B	Vegetarian Egg "Fried" Rice	Egg / Rice / Pea / Carrot / Celery / Soy	Chicken "Fried" Rice		Chicken "Fried" Rice	Chick'n (Soy) "Fried" Rice		
		4 Way Mix	Green Bean / Pea / Carrot / Corn						
Wednesday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Sweet Potatoes	Sweet Potato						
	B	Italian Ground Turkey with Shells	Turkey / Tomato / Squash / Zucchini / Wheat		Gluten Free Italian Turkey with Rice Pasta in Tomato Sauce		Italian Beef Style (Soy) Pasta in Tomato Sauce	Italian Beef Style (Soy) Pasta in Tomato Sauce	Italian Halal Chicken Pasta in Tomato Sauce
		Broccoli	Broccoli						
Thursday	A	Mini Cheese Tortellini & White Bean Soup	Egg / Dairy / Wheat / Carrot / Celery / White Kidney Bean / Soy	Pasta Bean Soup	Gluten Free Pasta Bean Soup	Pasta Bean Soup	Pasta Bean Soup		
		Whole Wheat Baguette	Wheat		Rice Dinner Roll				
		Cucumber Slices							
	B	Peach BBQ Drumstick	Chicken / Peach				Peach BBQ Chick'n (Soy)	Peach BBQ Chick'n (Soy)	Halal Peach BBQ Drumstick
		Quinoa	Quinoa						
		Green Beans	Green Bean						
Friday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Whole Grain Rotini with Tomato Sauce	Wheat / Tomato		Rice Pasta				
		Baby Carrots	Carrot						
	B	Ground Beef Bolognese	Beef / Tomato		Gluten Free Ground Beef Bolognese Pasta		Pea Crumble Bolognese Whole Grain Pasta	Pea Crumble Bolognese Whole Grain Pasta	Halal Beef Bolognese Whole Grain Pasta
		Whole Grain Rotini	Wheat		Rice Pasta				
		Baby Carrots	Carrot						

Effective April 28, 2025
Last Revised April 25, 2025

If Space is Blank no replacement is required

Eat Grow Thrive

ALLERGEN GUIDE - Week 3
Spring / Summer 2025

 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 Peas	Pea						
	B	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
		Chickpea and Orange Salad	Chickpea / Carrot / Orange / Citrus / Tomato						
		Green Peas	Pea						
Tuesday	A	Mini Beef Meatball Soup	Beef / Wheat / Soy / Sunflower / Carrot / Spinach		Gluten Free Ground Beef Soup		White Kidney Bean Soup	White Kidney Bean Soup	Halal Ground Beef Soup
		Whole Wheat Bread	Wheat		Rice Bread				
		Baby Carrots	Carrot						
	B	Breaded Chicken Burger	Chicken / Wheat / Soy				Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Hamburger Bun	Wheat						
		Diced Carrots	Carrot						
Wednesday	A	Herbed Chicken Drumstick	Chicken				Vegetarian (Soy) Chick'n Strips	Vegetarian (Soy) Chick'n Strips	Herbed Halal Chicken Drumstick
		Rice	Rice						
		Leafy Greens / Italian Dressing	Lettuce / Spinach / Citrus / Peppers						
	B	Pasta Primavera	Wheat / Beans / Zucchini / Broccoli / Peppers / Tomato		Gluten Free Primavera Pasta				
		Green & Yellow Beans	Green Bean / Yellow Bean						
Thursday	A	Scrambled Eggs	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Cinnamon French Toast Bites	Wheat / Barley / Egg / Dairy		Rice Dinner Roll				
		Carrots & Turnips	Carrot / Turnip						
	B	Ground Beef Sloppy Joe	Beef / Peppers / Mustard / Tomato /				Lentil Sloppy Joe	Lentil Sloppy Joe	Halal Ground Beef Sloppy Joe
		Hamburger Bun	Wheat		Rice Bun				
		White Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Carrots & Turnips	Carrot / Turnip						
Friday	A	White Fish Macaroni & Cheese	Fish / Wheat / Dairy	Whitefish Tomato Mac	Gluten Free Whitefish Mac & Cheese		Lentil Tomato Mac		
		Peas & Corn	Peas / Corn						
	B	Tikka Masala Chicken Drumstick	Chicken / Dairy / Tomato / Citrus	Herbed Chicken Drumstick			Chickpeas in Tomato Sauce	Tikka Masala Chickpeas	Tikka Masala Halal Chicken Drumstick
		Brown Rice	Rice						
		Peas & Corn	Peas / Corn						

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Eat Grow Thrive

ALLERGEN GUIDE - Week 4

Spring Summer 2025

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				
		California Mix	Broccoli / Carrot / Cauliflower						
	B	BBQ Diced Turkey	Turkey / Tomato / Tamarind				BBQ Vegetarian (Soy) Chick'n Strips	BBQ Vegetarian (Soy) Chick'n Strips	BBQ Halal Diced Chicken
		Brown Rice	Rice						
		California Mix	Broccoli / Carrot / Cauliflower						
Tuesday	A	Butter Chicken	Chicken / Potato / Tomato / Dairy / Ginger / Citrus	Butter Chicken in Tomato Sauce			Vegetarian (Soy) Butter Chicken in Tomato Sauce	Vegetarian (Soy) Butter Chicken	Halal Butter Chicken
		Brown Rice	Rice						
		Green Peas	Pea						
	B	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Wheat		Rice Bread				
		Cream Cheese	Dairy						
		Sweet Potato	Sweet Potato						
Wednesday	A	Turkey Bowtie Pasta in Rose Sauce	Wheat / Turkey / Tomato / Dairy	Turkey Bowtie Pasta in Tomato Sauce	Gluten Free Turkey Pasta in Rose Sauce		Lentil Bowtie Pasta in Tomato Sauce	Lentil Bowtie Pasta in Rose Sauce	Halal Chicken Bowtie Pasta in Rose Sauce
		Green Beans	Green Bean						
	B	Mild Cajun Chicken Drumstick	Chicken				Mild Cajun Chickpeas	Mild Cajun Chickpeas	Mild Cajun Halal Chicken Drumstick
		Quinoa	Quinoa						
		Leafy Greens / Raspberry Dressing	Lettuce / Spinach / Berries / Citrus						
Thursday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Whole Wheat Wrap	Wheat		Rice Bun				
		Lemon Garlic Sauce	Citrus / Dairy / Rice / Mustard	No Sauce			No Sauce		
		Carrots & Turnips	Carrot / Turnip						
	B	Beef Lasagna	Beef / Tomato / Dairy / Wheat	Beef Lasagna No Cheese			Vegetarian (Soy) Beefstyle Lasagna	Vegetarian (Soy) Beefstyle Lasagna	Halal Beef Lasagna
		Carrots & Turnips	Carrot / Turnip						
Friday	A	Chicken Alfredo Pasta	Dairy / Chicken / Wheat	Diced Chicken in Tomato Sauce with Pasta	Gluten Free Chicken Alfredo Pasta		Vegetarian (Soy) Chick'n in Tomato Sauce with Pasta	Vegetarian (Soy) Chick'n Alfredo Pasta	Halal Chicken Alfredo Pasta
		Peas & Corn	Pea / Corn						
	B	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Peas & Corn	Pea / Corn						