



ALLERGEN GUIDE - Week 1

Spring / Summer-2025

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Wheat Free	Egg Free	Vegan
Monday	AM	Standard	Plain Yogurt / Pear	Dairy / Pear	Plain Coconut Yogurt			Plain Coconut Yogurt
	PM	Standard	Corn Crackers / Cheese Cubes / Clementine	Corn / Dairy / Clementine	Edamame			Edamame
Tuesday	AM	Standard	Whole Wheat Baguette Slice / Unsweetened Mango Applesauce	Wheat / Apple / Mango		Rice Cake		
	PM	Standard	Plain Yogurt / Ciabatta / Kiwi	Wheat / Barley / Dairy / Kiwi	Plain Coconut Yogurt	Gluten Free Corn Crackers		Plain Coconut Yogurt
Wednesday	AM	Standard	Noor Roll / Guacamole	Wheat / Avocado / Citrus		Rice Cake		
	PM	Standard	Whole Wheat Pita / Edamame / Apple	Wheat / Oat / Soy / Apple		Gluten Free Corn Crackers		
Thursday	AM	Standard	Vegan Pancake / Pineapple	Wheat / Soy / Banana / Pineapple		Rice Cake		
	PM	Standard	Whole Wheat Breadsticks / Hummus / Carrots	Wheat / Barley / Sunflower / Chickpea / Carrot		Gluten Free Corn Crackers		
Friday	AM	Standard	Plain Yogurt / Apple	Dairy / Apple				
	PM	Standard	Javaneh Slice / Cheddar Cheese Slice / Cucumber Slices	Wheat / Dairy / Cucumber	Chopped Egg	Gluten Free Corn Crackers		Edamame

Effective April 28, 2025
Last Revised April 25, 2025

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

Fall / Winter 2024-2025

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Plain Yogurt / Clementine	Dairy / Clementine	Plain Coconut Yogurt			Plain Coconut Yogurt
	PM	Standard	Javaneh Slice / Cheese Cubes / Kiwi	Wheat / Dairy / Kiwi	Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
Tuesday	AM	Standard	Bahar Mini Loaf / Hardboiled Egg	Wheat / Egg		Gluten Free Corn Crackers	Cheese Curds	Edamame
	PM	Standard	Wheat Crackers / Plain Yogurt / Orange	Wheat / Dairy / Orange	Plain Coconut Yogurt	Rice Cake		Plain Coconut Yogurt
Wednesday	AM	Standard	Plain Yogurt / Raspberry Puree	Dairy / Berries	Plain Coconut Yogurt	Gluten Free Corn Crackers		Plain Coconut Yogurt
	PM	Standard	Noor Roll / Unsweetened Applesauce / Edamame	Wheat / Apple / Soy		Rice Cake		
Thursday	AM	Standard	Overnight Oats / Cantaloupe	Oats / Coconut / Cantaloupe				
	PM	Standard	Whole Wheat Baguette Slice / Hummus / Carrots	Wheat / Chickpea / Carrot		Gluten Free Corn Crackers		
Friday	AM	Standard	Ciabatta / Banana	Wheat / Barley / Banana		Rice Cake		
	PM	Standard	Whole Wheat Pita / Cheddar Cheese Curds / Cucumber Slices	Wheat / Oats / Dairy / Cucumber	Hummus	Gluten Free Corn Crackers		Hummus

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ALLERGEN GUIDE - Week 3

Spring / Summer 2025

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Rice Cake / Apple	Rice / Apple				
	PM	Standard	Plain Yogurt / Soda Crackers / Orange	Dairy / Wheat / Barley / Orange	Plain Coconut Yogurt	Rice Cake		Plain Coconut Yogurt
Tuesday	AM	Standard	Baguette Slice / Chopped Egg	Wheat / Egg		Rice Cake	Cheese Slice	
	PM	Standard	Noor Roll / Unsweetened Berry Applesauce / Edamame	Wheat / Apple / Berry / Soy		Gluten Free Corn Crackers		
Wednesday	AM	Standard	Plain Yogurt / Unsweetened Raspberry Puree	Dairy / Berry	Plain Coconut Yogurt			Plain Coconut Yogurt
	PM	Standard	Whole Wheat Pita / Cheese Curds / Cucumber Slices	Wheat / Oats / Dairy / Cucumber	Harboiled Egg	Rice Cake		Hummus
Thursday	AM	Standard	Ciabatta / Guacamole	Wheat / Barley / Avocado / Citrus		Gluten Free Corn Crackers		
	PM	Standard	Corn Crackers / Bruschetta / Shredded Cheddar Cheese	Corn / Dairy / Tomato / Fig / Mustard	Plain Coconut Yogurt			Plain Coconut Yogurt
Friday	AM	Standard	Vegan Pancake / Clementine	Wheat / Soy / Banana / Clementine		Rice Cake		
	PM	Standard	Javaneh Slice / Mozzarella Slice / Grape Tomatoes	Wheat / Dairy / Tomato	Edamame	Rice Cake		Edamame

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ALLERGEN GUIDE - Week 4

Spring / Summer 2025

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Bahar Mini Loaf / Guacamole	Wheat / Avocado / Citrus		Gluten Free Corn Crackers		
	PM	Standard	Plain Yogurt / Whole Wheat Baguette Slice / Pear	Dairy / Wheat / Pear	Plain Coconut Yogurt	Rice Cake		Plain Coconut Yogurt
Tuesday	AM	Standard	Rice Cake / Unsweetened Applesauce	Rice / Apple				
	PM	Standard	Wheat Crackers / Guacamole / Cheddar Cheese Curds	Wheat / Avocado / Citrus / Dairy	Edamame	Gluten Free Corn Crackers		Edamame
Wednesday	AM	Standard	Vegan Pancake / Mango Fruit Puree / Orange	Wheat / Soy / Banana / Mango / Orange		Rice cake		
	PM	Standard	Ciabatta / Chopped Egg / Apple	Wheat / Barley / Egg / Apple		Gluten Free Corn Crackers	Cheese Cubes	Hummus
Thursday	AM	Standard	Plain Yogurt / Watermelon	Dairy / Melon	Plain Coconut Yogurt			Plain Coconut Yogurt
	PM	Standard	Javaneh Slice / Mozzarella Cheese Slice / Cucumber Slices	Wheat / Dairy / Cucumber	Chopped Egg	Gluten Free Corn Crackers		Edamame
Friday	AM	Standard	Whole Wheat Pita / Banana	Wheat / Oats / Banana		Rice Cake		
	PM	Standard	Whole Wheat Breadsticks / Hummus / Carrots	Wheat / Barley / Sunflower / Chickpea / Carrot		Gluten Free Corn Crackers		

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