



ALLERGEN GUIDE - Week 1

Spring / Summer 2025

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Corn Chex / Milk / Clementine	Corn / Dairy / Clementine	No Milk			No Milk
	PM	Pretzel Bun / Mozzarella Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
Tuesday	AM	Morning Round / Mango Applesauce	Wheat / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins / Mango		Rice Roll		
	PM	Spice Snaps / Kiwi	Wheat / Kiwi		Gluten Free Vanilla Cookies		
Wednesday	AM	Vanilla Yogurt / Granola / Apple	Oats / Wheat / Dairy / Citrus / Apple	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
	PM	Whole Wheat Lemon Blueberry Loaf / Orange	Wheat / Berry / Citrus / Apple / Flaxseed / Orange		Gluten Free Graham Cracker		
Thursday	AM	Whole Wheat Cocoa Zucchini Muffin / Pineapple	Wheat / Zucchini / Cocoa / Flaxseed / Pineapple		Gluten Free Carrot Muffin		
	PM	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Sunflower / Dairy	Tofutti	Corn Crackers		Tofutti
Friday	AM	Special K Cereal / Milk / Pear	Rice / Corn / Barley / Wheat / Pear	No Milk	Corn Chex Cereal		No Milk
	PM	Oatmeal Cranberry Round / Grape Tomatoes	Wheat / Oats / Berries / Flaxseed / Rice / Apple / Tomato		Gluten Free Vanilla Cookies		

Effective April 28, 2025
Last Reviewed June 5, 2025

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2
Spring / Summer 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 / Orange	Oats / Rice / Sorghum / Corn / Millet / Dairy / Orange	No Milk	Chex Cereal		No Milk
	PM	Javaneh Slice / Cheese Curds	Wheat / Dairy	Hummus	Corn Crackers		Hummus
Tuesday	AM	Banana Oat Bite / Pear	Oats / Wheat / Banana / Rice / Barley / Pear		Gluten Free Strawberry Granola Bar		
	PM	Strawberry Granola Bar / Applesauce	Oats / Berries / Apple / Cherries / Rice / Currant / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa				
Wednesday	AM	Peach Yogurt / Granola / Apple	Oats / Wheat / Dairy / Citrus / Peach / Apple	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
	PM	Digestive Biscuits / Kiwi	Wheat / Oats / Kiwi		Gluten Free Graham Cracker		
Thursday	AM	Rice Krispies Cereal / Milk / Clementine	Rice / Barley / Dairy / Clementine	No Milk	Chex Cereal		No Milk
	PM	Whole Wheat Banana Loaf / Carrots	Wheat / Banana / Apple / Carrot		Gluten Free Carrot Muffin		
Friday	AM	Whole Wheat Summer Berry Muffin / Cantaloupe	Wheat / Berry / Apple / Flaxseed / Cantaloupe		Gluten Free Carrot Muffin		
	PM	Cocoa Snaps / Banana	Wheat / Barley / Cocoa / Banana		Gluten Free Graham Cracker		

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ALLERGEN GUIDE - Week 3

Spring / Summer 2025

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		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Corn Flakes / Milk / Pear	Corn / Barley / Dairy / Apple	No Milk	Chex Cereal		No Milk
	PM	Whole Wheat Flat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Cake		Hummus
Tuesday	AM	Whole Wheat Bagel / Cream Cheese / Kiwi	Wheat / Flaxseed / Rice / Dairy / Kiwi	Tofutti	Rice Bread		Tofutti
	PM	Mixed Berry Granola Minis / Orange	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Citrus		Gluten Free Vanilla Cookies		
Wednesday	AM	Special K Cereal / Milk / Apple	Rice / Corn / Barley / Wheat / Apple	No Milk	Chex Cereal		No Milk
	PM	English Muffin / Mozzarella Slice	Wheat / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
Thursday	AM	Strawberry Yogurt / Granola / Pear	Dairy / Citrus / Berries / Wheat / Oats / Pear	Coconut Yogurt	Gluten Free Vanilla Cookies		Coconut Yogurt
	PM	Lemon Blueberry Loaf / Cucumber Slices	Wheat / Berry / Citrus / Apple / Flaxseed / Cucumber		Gluten Free Graham Cracker		
Friday	AM	Whole Wheat Cocoa Zucchini Muffin / Clementine	Wheat / Zucchini / Cocoa / Flaxseed / Clementine		Gluten Free Carrot Muffin		
	PM	Digestive Biscuit / Honeydew	Wheat / Oats / Melon		Gluten Free Graham Cracker		

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ALLERGEN GUIDE - Week 4

Spring / Summer 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 / Pear	Rice / Oats / Sorghum / Corn / Millet / Dairy / Pear	No Milk	Chex Cereal		No Milk
	PM	Vanilla Owl Cookies / Clementine	Wheat / Clementine		Gluten Free Vanilla Cookies		
Tuesday	AM	Banana Oatmeal Bar / Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple		Gluten Free Strawberry Granola Bar		
	PM	Soda Crackers / Guacamole / Cheese Curds	Wheat / Barley / Avocado / Citrus / Dairy	Edamame	Rice Cake		Edamame
Wednesday	AM	Whole Wheat Pancake / Berry Jam / Orange	Dairy / Wheat / Egg / Berries	Vegan Pancake	Rice Bread		Vegan Pancake
	PM	Spice Snaps / Apple	Wheat / Apple		Gluten Free Graham Cracker		
Thursday	AM	Rice Krispies Cereal / Milk / Kiwi	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk
	PM	Javaneh Slice / Cheese Cubes	Wheat / Dairy	Hummus	Rice Bun		Hummus
Friday	AM	Whole Wheat Summer Berry Muffin / Banana	Wheat / Berry / Apple / Flaxseed / Banana		Gluten Free Carrot Muffin		
	PM	Oatmeal Round / Cucumber Slices	Wheat / Oats / Apple / Flaxseed / Rice / Cucumber		Corn Crackers		

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