

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Special K Cereal / Milk	Rice / Corn / Barley / Wheat	No Milk	Chex Cereal		No Milk
		Plus	Special K Cereal / Milk / Fresh Fruit	Rice / Corn / Barley / Wheat	No Milk	Chex Cereal		No Milk
	PM	Standard	Round Crackers / Cheese Curds	Wheat / Coconut / Soy / Dairy	Hummus	Rice Cake		Hummus
		Plus	Round Crackers / Cheese Curds / Fresh Fruit	Wheat / Coconut / Soy / Dairy	Hummus	Rice Cake		Hummus
Tuesday	AM	Standard	Morning Round / Apple Butter	Wheat / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins		Rice Roll		
		Plus	Morning Round / Mango Applesauce	Wheat / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins / Mango		Rice Roll		
	PM	Standard	Spice Snaps / Peach Yogurt	Wheat / Dairy / Citrus / Peach	Applesauce	Rice Bread		Applesauce
		Plus	Spice Snaps / Peach Yogurt / Fresh Fruit	Wheat / Dairy / Citrus / Peach	Applesauce	Rice Bread		Applesauce
Wednesday	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 Lemon Blueberry Loaf / Apple	Wheat / Berry / Citrus / Apple / Flaxseed		Gluten Free Graham Cracker		
		Plus	Whole Wheat Lemon Blueberry Loaf / Apple / Edamame	Wheat / Berry / Citrus / Apple / Flaxseed / Soy		Gluten Free Graham Cracker		
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 Breadsticks / Hummus	Wheat / Barley / Sunflower		Rice Cake		
		Plus	Whole Wheat Breadsticks / Hummus / Carrots	Wheat / Barley / Sunflower / Carrot		Rice Cake		
Friday	AM	Standard	Vanilla Yogurt / Whole Grain Granola	Oats / Wheat / Dairy / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
		Plus	Vanilla Yogurt / Whole Grain Granola / Fresh Fruit	Oats / Wheat / Dairy / Citrus	Coconut Yogurt	Gluten Free Vanilla Cookie		Coconut Yogurt
	PM	Standard	Whole Wheat Bread / Cheddar Cheese Slice	Wheat / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
		Plus	Whole Wheat Bread / Cheddar Cheese Slice / Cucumber Slices	Wheat / Dairy / Cucumber	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice

			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	Javaneh Slice / Cheese Cubes	Wheat / Dairy	Hummus	Corn Crackers		Hummus
		Plus	Javaneh Slice / Cheese Cubes / Fresh Fruit	Wheat / Dairy	Hummus	Corn Crackers		Hummus
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 Digestive Cookies / Fresh Fruit	Wheat / Oats		Gluten Free Graham Cracker		
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Vanilla Yogurt	Wheat / Oats / Dairy / Citrus	Coconut Yogurt	Gluten Free Graham Cracker		Coconut Yogurt
Wednesday	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 Banana Loaf / Applesauce	Wheat / Banana / Apple		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Banana Loaf / Applesauce/ Edamame	Wheat / Banana / Apple / Soy		Gluten Free Carrot Muffin	Cheese Curds	
Thursday	AM	Standard	Morning Round	Wheat / Berry / Apple / Raisin		Rice Roll		
		Plus	Morning Round / Fresh Fruit	Oats / Coconut		Rice Roll		
	PM	Standard	Cocoa Snaps / Carrots	Wheat / Barley / Cocoa		Gluten Free Vanilla Cookie		
		Plus	Cocoa Snaps / Carrots / Hummus	Wheat / Barley / Cocoa / Chickpea		Gluten Free Vanilla Cookie		
Friday	AM	Standard	Whole Wheat Summer Berry Muffin	Wheat / Berry / Apple / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	Wheat / Berry / Apple / Flaxseed		Gluten Free Carrot Muffin		
	PM	Standard	Oatmeal Round / Cucumber Slices	Wheat / Oats / Apple / Flaxseed / Rice / Cucumber				
		Plus	Oatmeal Round / Cucumber Slices / Cheese Curds	Wheat / Oats / Apple / Flaxseed / Rice /Cucumber / Dairy	Hardboiled Egg	Gluten Free Graham Cracker		Hummus

			Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Special K Cereal / Milk	Rice / Corn / Barley / Wheat	No Milk	Chex Cereal		No Milk
		Plus	Special K Cereal / Milk / Fresh Fruit	Rice / Corn / Barley / Wheat	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 / Vanilla Yogurt	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Dairy	Coconut Yogurt			Coconut Yogurt
Tuesday	AM	Standard	Whole Wheat Bagel / Cream Cheese	Wheat / Flaxseed / Rice / Dairy	Tofutti	Rice Bread		Tofutti
		Plus	Whole Wheat Bagel / Cream Cheese / Fresh Fruit	Wheat / Flaxseed / Rice / Dairy	Tofutti	Rice Bread		Tofutti
	PM	Standard	Banana Oatmeal Bar / Berry Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple / Berries		Gluten Free Strawberry Granola Bar		
		Plus	Banana Oatmeal Bar / Berry Applesauce / Edamame	Oats / Wheat / Banana / Rice / Barley / Berries / Apple / Soy		Gluten Free Strawberry Granola Bar		
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	Dairy / Citrus / Berries / Wheat / Oats	Coconut Yogurt	Gluten Free Vanilla Cookies		Coconut Yogurt
		Plus	Strawberry Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Berries / Wheat / Oats	Coconut Yogurt	Gluten Free Vanilla Cookies		Coconut Yogurt
	PM	Standard	Whole Wheat Digestive Cookies / Fresh Fruit	Wheat / Oats		Gluten Free Graham Cracker		
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Hard Boiled Egg	Wheat / Oats / Egg		Gluten Free Graham Cracker	Cheese Curds	Edamame
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	Lemon Blueberry Loaf / Cucumber Slices	Wheat / Berry / Citrus / Apple / Flaxseed / Cucumber		Gluten Free Graham Cracker		
		Plus	Lemon Blueberry Loaf / Cucumber Slices / Cheese Curds	Wheat / Berry / Citrus / Apple / Flaxseed / Cucumber / Dairy	Hard Boiled Egg	Gluten Free Graham Cracker		Hummus
Friday	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	English Muffin / Mozzarella Slice	Wheat / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
		Plus	English Muffin / Mozzarella Slice / Grape Tomatoes	Wheat / Dairy Tomato	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice

			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	Vanilla Owl Cookies / Fresh Fruit	Wheat		Gluten Free Graham Cracker		
		Plus	Vanilla Owl Cookies / Fresh Fruit / Peach Yogurt	Wheat / Peach / Dairy / Citrus	Coconut Yogurt	Gluten Free Graham Cracker		Coconut Yogurt
Tuesday	AM	Standard	Banana Oatmeal Bar	Oats / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin		
		Plus	Banana Oatmeal Bar / Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple		Gluten Free Carrot Muffin		
	PM	Standard	Soda Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Rice Cake		Hummus
		Plus	Soda Crackers / Guacamole / Cheese Curds	Wheat / Barley / Avocado / Citrus / Dairy	Edamame	Rice Cake		Edamame
Wednesday	AM	Standard	Whole Wheat Pancake / Berry Jam	Dairy / Wheat / Egg / Berry / Citrus	Vegan Pancake	Rice Bread		Vegan Pancake
		Plus	Whole Wheat Pancake / Berry Jam / Fresh Fruit	Dairy / Wheat / Egg / Berry / Citrus	Vegan Pancake	Rice Bread		Vegan Pancake
	PM	Standard	Oatmeal Cranberry Round / Fresh Fruit	Wheat / Oats / Berries / Flaxseed / Rice / Apple		Gluten Free Vanilla Cookie		
		Plus	Oatmeal Cranberry Round / Fresh Fruit / Hard Boiled Egg	Wheat / Oats / Berries / Flaxseed / Rice / Apple / Egg		Gluten Free Vanilla Cookie	Vanilla Yogurt	Coconut Yogurt
Thursday	AM	Standard	Whole Wheat Summer Berry Muffin	Wheat / Berry / Apple / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	Wheat / Berry / Apple / Flaxseed		Gluten Free Carrot Muffin		
	PM	Standard	Pretzel Bun / Mozzarella Cheese Slice	Wheat / Barley / Dairy	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
		Plus	Pretzel Bun / Mozzarella Cheese Slice / Cucumber Slices	Wheat / Barley / Dairy / Cucumber	Vegan Cheese Slice	Rice Bread		Vegan Cheese Slice
Friday	AM	Standard	Corn Chex Cereal / Milk	Corn / Dairy	No Milk			No Milk
		Plus	Corn Chex Cereal / Milk / Fresh Fruit	Corn / Dairy	No Milk			No Milk
	PM	Standard	Whole Wheat Banana Loaf / Carrots	Wheat / Banana / Apple / Carrot		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Banana Loaf / Carrots / Hummus	Wheat / Banana / Apple / Carrot / Chickpea		Gluten Free Carrot Muffin		