

			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	Wheat / Berry / Apple / Raisin		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	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
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
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	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	

			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		