



ALLERGEN GUIDE - Week 1

Fall / Winter 2025-2026

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Breaded Chicken Pieces	Chicken / Wheat / Gluten / Soy / Corn			Plain Chicken		Vegetarian "Chick'n" Tenders (Legume/Soy)	Vegetarian "Chick'n" Tenders (Legume/Soy)	Halal Breaded Chicken Pieces
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Sunrise Mix	Green Bean / Carrot							
	B	Classic Mac and Cheese	Wheat / Gluten / Dairy		Macaroni in Tomato Sauce	Gluten Free Rice Pasta in Tomato Sauce		Macaroni in Tomato Sauce		
		Quinoa, Black Bean & Corn Salad	Black Bean / Corn / Citrus / Quinoa / Pepper							
		Sunrise Mix	Green Bean / Carrot							
Tuesday	A	Turkey Meatballs in Marinara Sauce	Turkey / Rice / Dairy / Tomato		Turkey Burger in Marinara Sauce			Vegetarian Meatballs (Soy)	Vegetarian Meatballs (Soy)	Vegetarian Meatballs (Soy)
		Whole Wheat Sub Bun	Wheat / Gluten			Rice Sub Bun				
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn							
	B	Minestrone Soup	Tomato / Spinach / Carrot / Celery / Zucchini / Kidney Bean / Wheat / Soy			Minestrone Soup with Rice Pasta				
		Whole Wheat Baguette	Wheat / Gluten			Rice Bun				
		PS/SA: Cucumber Slices IT: Peeled Cucumber Slices	Cucumber							
Wednesday	A	Beef Bolognese	Beef / Tomato					Vegetarian Beef Style Bolognese (Soy)	Vegetarian Beef Style Bolognese (Soy)	Vegetarian Halal Beef Bolognese (Soy)
		Bowlie Pasta	Wheat / Gluten			Rice Pasta				
		Green Peas	Green Peas							
	B	Teriyaki Fish	Fish / Wheat / Gluten / Soy / Barley / Citrus			Fish in Brown Sauce		Teriyaki Chickpeas (Legume)		
		Brown Rice	Rice							
		Green Peas	Green Peas							
Thursday	A	Egg Patty	Egg / Dairy		Vegan Egg Patty (Legume)		Vegan Egg Patty (Legume)	Vegan Egg Patty (Legume)		
		Whole Wheat French Toast Bites	Wheat / Gluten / Barley / Egg / Dairy		Noor Roll	Rice Roll	Noor Roll	Noor Roll		
		California Mix	Broccoli / Carrot / Cauliflower							
	B	Chicken Cacciatore	Chicken / Pepper / Tomato / Carrot / Turnip					Pea Crumble Cacciatore (Legume)	Pea Crumble Cacciatore (Legume)	Halal Chicken Cacciatore
		Whole Grain Penne	Wheat / Gluten			Rice Pasta				
		California Mix	Broccoli / Carrot / Cauliflower							
Friday	A	PS/SA: Jerk Chicken Drumstick	Chicken / Pepper					Vegetarian Jerk "Chick'n" (Legume/Soy)	Vegetarian Jerk "Chick'n" (Legume/Soy)	Halal Jerk Chicken Drumstick
		IT: Diced Jerk Chicken	Chicken / Celery / Carrot / Pepper					Vegetarian Jerk "Chick'n" (Legume/Soy)	Vegetarian Jerk "Chick'n" (Legume/Soy)	Halal Diced Jerk Chicken
		Coconut Rice	Rice / Coconut							
		PS/SA: Leafy Greens / French Dressing	Lettuce / Cabbage / Carrot / Spinach / Mustard							
		IT: Carrots & Turnips	Carrot / Turnip							
	B	Ground Beef Sloppy Joe	Beef / Pepper / Mustard / Tomato					Lentil Sloppy Joe (Legume)	Lentil Sloppy Joe	Halal Ground Beef Sloppy Joe
		Hamburger Bun	Wheat / Gluten			Rice Bun				
		Mozzarella Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Carrots & Turnips	Carrot / Turnip							

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Eat Grow Thrive

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ALLERGEN GUIDE - Week 2

Fall / Winter 2025-2026

Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Fish Sticks	Fish / Soy / Wheat / Gluten		Plain Fish		Vegetarian "Chick'n" Tenders (Legume/Soy)		
		Brown Rice	Rice						
		Lemon Garlic Sauce	Citrus / Mustard / Dairy	No Sauce			No Sauce		
		Carrots & Green Peas	Carrot / Green Pea						
	B	Chicken Bolognese	Chicken / Tomato				Pea Crumble Bolognese (Legume)	Pea Crumble Bolognese (Legume)	Halal Chicken Bolognese
		Whole Grain Rotini	Wheat / Gluten		Rice Pasta				
		Carrots & Green Peas	Carrot / Green Pea						
Tuesday	A	Chicken Noodle Soup	Chicken / Carrot / Celery / Wheat Gluten		Chicken Noodle Soup with Rice Pasta		Vegetable Bean Noodle Soup (Legume)	Vegetable Bean Noodle Soup (Legume)	Halal Chicken Noodle Soup
		Javaneh Slice	Wheat / Gluten		Rice Roll				
		Baby Carrots	Carrot						
	B	Teriyaki Beef Meatballs	Beef / Dairy / Wheat / Gluten / Soy / Barley / Citrus	Teriyaki Beef Burger	Gluten Free Beef Burger		Teriyaki Vegetarian Meatballs (Soy)	Teriyaki Vegetarian Meatballs (Soy)	Teriyaki Vegetarian Meatballs (Soy)
		Brown Rice	Rice						
Wednesday	A	Beef Burger	Beef / Wheat / Gluten / Soy		Gluten Free Beef Burger		Vegetarian Burger (Soy)	Vegetarian Burger (Soy)	Halal Beef Burger
		Hamburger Bun	Wheat / Gluten		Rice Bun				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Green Beans	Green Bean						
	B	Carvery Chicken with Gravy	Chicken / Potato				Vegetarian "Chick'n" with Gravy (Legume/Soy)	Vegetarian "Chick'n" with Gravy (Legume/Soy)	Halal Carvery Chicken with Gravy
		Whole Wheat Bread	Wheat / Gluten		Rice Roll				
		Sweet Potato Mash	Sweet Potato						
Thursday	A	PS/SA: BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				BBQ Vegetarian "Chick'n" (Legume/Soy)	BBQ Vegetarian "Chick'n" (Legume/Soy)	Halal BBQ Chicken Drumstick
		IT: BBQ Diced Chicken	Chicken / Celery / Carrot / Tomato				BBQ Vegetarian "Chick'n" (Legume/Soy)	BBQ Vegetarian "Chick'n" (Legume/Soy)	Halal BBQ Diced Chicken
		Veggie Quinoa Blend	Quinoa / Carrot / Green Pea / Celery / Soy						
		Broccoli	Broccoli						
	B	Mexican Bean Chili	Corn / Beans / Tomato						
		Corn Bread	Wheat / Gluten / Egg / Corn / Dairy	Noor Roll	Rice Roll	Noor Roll	Noor Roll		
		Broccoli	Broccoli						
Friday	A	Classic Mac and Cheese	Wheat / Gluten / Dairy	Macaroni in Tomato Sauce	Rice Pasta in Tomato Sauce		Rice Pasta in Tomato Sauce		
		Chickpea and Orzo Salad	Wheat / Gluten / Chickpea / Cucumber / Pepper / Citrus		Chickpea Pepper Salad				
		California Mix	Broccoli / Carrot / Cauliflower						
	B	Breaded Fish Pieces	Fish / Rice		Plain Fish		Vegetarian "Chick'n" Tenders (Legume/Soy)		
		Brown Rice	Rice						
		California Mix	Broccoli / Carrot / Cauliflower						

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		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Breaded Chicken Pieces	Chicken / Wheat / Gluten / Soy			Plain Chicken		Vegetarian "Chick'n" Tenders (Legume/Soy)	Vegetarian "Chick'n" Tenders (Legume/Soy)	Halal Breaded Chicken Pieces
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Corn & Peas	Corn / Green Pea							
	B	Chickpea Tikka Masala	Chickpea / Pepper / Carrot / Celery / Soy / Tomato / Citrus / Dairy		Chickpeas in Tomato Sauce (Legume)			Chickpeas in Tomato Sauce (Legume)		
		Brown Rice	Rice							
		Corn & Peas	Corn / Green Pea							
Tuesday	A	Winter Vegetable Bean and Lentil Soup	Rice / Lentil / Quinoa / Sorghum / Celery / Carrot / Tomato / Beans							
		Whole Wheat Baguette	Wheat / Gluten			Rice Bread				
		PS/SA: Cucumber Slices	Cucumber							
		IT: Peeled Cucumber Slices	Cucumber							
	B	BBQ Beef Meatballs	Beef / Dairy / Soy / Wheat / Gluten / Tomato		BBQ Beef Burger	BBQ Beef Burger		BBQ Vegetarian Meatballs (Soy)	BBQ Vegetarian Meatballs (Soy)	BBQ Vegetarian Meatballs (Soy)
		Whole Wheat Sub Bun	Wheat / Gluten			Rice Sub Bun				
Wednesday	A	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	Wheat / Gluten / Squash / Zucchini / Beef / Tomato			Beef Rice Pasta in Tomato Sauce		Vegetarian Italian Beef Style Shells in Tomato Sauce (Soy)	Vegetarian Italian Beef Style Shells in Tomato Sauce (Soy)	Halal Italian Seasoned Beef Pasta Shells in Tomato Sauce
		California Mix	Broccoli / Carrot / Cauliflower							
		Turkey Burger	Turkey / Cauliflower					Vegetarian Burger (Soy)	Vegetarian Burger (Soy)	Halal Turkey Burger
	B	Hamburger Bun	Wheat / Gluten / Squash / Zucchini / Beef / Tomato							
		Cheddar Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		California Mix	Broccoli / Carrot / Cauliflower							
Thursday	A	Egg Patty	Egg / Dairy		Vegan Egg Patty (Legume)		Vegan Egg Patty (Legume)	Vegan Egg Patty (Legume)		
		Cheddar Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Whole Wheat English Muffin	Wheat / Gluten / Squash / Zucchini / Beef / Tomato			Rice Bun				
		Sunrise Mix	Green Bean / Carrot							
	B	Butter Chicken	Chicken / Potato / Tomato / Dairy / Citrus		Butter Chicken in Tomato Sauce			Tofu in Tomato Sauce (Soy)	Butter Tofu (Soy)	Halal Butter Chicken
		Mini Savoury Naan	Wheat / Gluten			Rice Bread				
		Sunrise Mix	Green Bean / Carrot							
Friday	A	PS/SA: Balsamic Glazed Chicken Drumstick	Chicken / Grapes					Balsamic Chickpeas (Legume)	Balsamic Chickpeas (Legume)	Halal Balsamic Glazed Chicken Drumstick
		IT: Diced Balsamic Chicken	Chicken / Celery / Carrot / Grape					Balsamic Chickpeas (Legume)	Balsamic Chickpeas (Legume)	Halal Diced Balsamic Chicken
		Brown Rice	Rice							
		PS/SA: Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							
		IT: Green Peas	Green Peas							
	B	Whitefish Lasagna	Fish / Tomato / Dairy / Wheat / Gluten		Whitefish Lasagna - No Cheese	Whitefish Lasagna with Rice Pasta		Vegan Bean Lasagna (Legume)		
		Green Peas	Green Peas / Gluten							

ALLERGEN GUIDE - Week 4

Fall / Winter 2025-2026

Healthy Balance Menu
Healthy Choices Menu

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Breaded Fish Patty	Fish / Wheat / Gluten / Soy			Fish in Brown Sauce		Vegetarian Burger (Soy)	Vegetarian Burger (Soy)	
		Hamburger Bun	Wheat / Gluten			Rice Bun				
		Lemon Garlic Sauce	Citrus / Mustard / Dairy		No Sauce					
		Green Peas	Green Peas							
	B	Beef Sheppard's Pie with Mash Potato	Beef / Green Peas / Carrot / Soy / Wheat / Gluten / Potato			Ground Beef and Tomato Sauce		Vegetarian Beef Style Sheppard's Pie (Soy)	Vegetarian Beef Style Sheppard's Pie (Soy)	Halal Ground Beef Sheppard's Pie
		Whole Wheat Dinner Roll	Wheat / Gluten			Rice Roll				
		Green Peas	Green Peas							
Tuesday	A	Salisbury Steak with Gravy	Beef / Wheat / Gluten / Soy			Gluten Free Beef Burger		Vegetarian Burger (Soy)	Vegetarian Burger (Soy)	Halal Beef Burger
		Brown Rice	Rice							
		Carrots & Turnips	Carrot / Turnip							
	B	Chicken & Egg "Fried" Rice	Chicken / Egg / Dairy / Rice / Green Peas / Carrot / Wheat / Gluten / Soy		Chicken "Fried" Rice	Diced Chicken and Rice	Chicken "Fried" Rice	Vegan "Chick'n" "Fried" Rice (Legume/Soy)	Vegetarian Egg "Fried" Rice	Halal Chicken and Egg "Fried" Rice
		Carrots & Turnips	Carrot / Turnip							
Wednesday	A	Cheddar Cheese Omelet	Egg / Dairy		Vegan Egg Patty (Legume)		Vegan Egg Patty (Legume)	Vegan Egg Patty (Legume)		
		Whole Wheat English Muffin	Wheat / Gluten			Rice Bun				
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn							
	B	Turkey Bowtie Pasta in Rose Sauce	Turkey / Tomato / Dairy / Wheat / Gluten		Turkey Bowtie Pasta in Tomato Sauce	Turkey Rice Pasta in Rose Sauce		Pea Crumble Bowtie Pasta in Tomato Sauce (Legume)	Pea Crumble Bowtie Pasta in Rose Sauce (Legume)	Halal Chicken Bowtie Pasta in Rose Sauce
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn							
Thursday	A	Turkey Alphabet Soup	Turkey / Carrot / Celery / Wheat / Gluten / Soy			Turkey Soup with Rice Pasta		Bean Alphabet Soup (Legume)	Bean Alphabet Soup (Legume)	Halal Chicken Alphabet Soup
		Whole Wheat Bread	Wheat / Gluten			Rice Bread				
		PS/SA: Baby Carrots	Carrot							
		IT: Blanched Carrot Sticks	Carrot							
	B	Mediterranean Falafel	Sweet Potato / Potato / Chickpea							
		Tzatziki Sauce	Cucumber / Dairy		No Sauce			No Sauce		
		Brown Rice	Rice							
		California Mix	Broccoli / Carrot / Cauliflower							
Friday	A	PS/SA: Herbed Chicken Drumstick	Chicken					Vegetarian Herb "Chick'n" (Legume/Soy)	Vegetarian Herb "Chick'n" (Legume/Soy)	Herbed Halal Chicken Drumstick
		IT: Herb Diced Chicken	Chicken / Celery / Carrot					Vegetarian Herb "Chick'n" (Legume/Soy)	Vegetarian Herb "Chick'n" (Legume/Soy)	Herb Halal Diced Chicken
		Brown Rice	Rice							
		PS/SA: Leafy Greens with Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard							
	B	IT: Green Beans	Green Beans							
		Beef Lasagna	Beef / Tomato / Dairy / Wheat / Gluten		Beef Lasagna - No Cheese	Beef Lasagna with Rice Pasta		Vegetarian Beefstyle Lasagna (Soy)	Vegetarian Beefstyle Lasagna (Soy)	Halal Beef Lasagna
		Green Beans	Green Beans							

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