

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Multigrain Cheerios / Milk	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk		No Milk
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk		No Milk
	PM	Standard	Whole Wheat Maple Round / Fresh Fruit	Apple / Wheat / Gluten / Flaxseed		Gluten Free Vanilla Waffer		
		Plus	Whole Wheat Maple Round / Edamame / Fresh Fruit	Apple / Wheat / Gluten / Flaxseed / Soy		Gluten Free Vanilla Waffer		
Tuesday	AM	Standard	Banana Oatmeal Bar	Oats / Wheat / Gluten / Banana / Rice / Barley		Gluten Free Carrot Muffin		
		Plus	Banana Oatmeal Bar / Berry Applesauce	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple / Berries		Gluten Free Organic Strawberry Granola Bar		
	PM	Standard	PS/SA: Whole Wheat Breadsticks / Hummus	Wheat / Gluten / Barley / Chickpea		Rice Cake		
		Standard	IT: Wheat Crackers / Hummus	Wheat / Gluten / Barley / Chickpea		Rice Cake		
		Plus	PS/SA: Whole Wheat Breadsticks / Hummus / Fresh Fruit	Wheat / Gluten / Barley / Chickpea		Rice Cake		
		Plus	IT: Wheat Crackers / Hummus / Fresh Fruit	Wheat / Gluten / Barley / Chickpea		Rice Cake		
Wednesday	AM	Standard	Rice Chex / Milk	Rice / Dairy		No Milk		No Milk
		Plus	Rice Chex / Milk / Fresh Fruit	Rice / Dairy		No Milk		No Milk
	PM	Standard	Oatmeal Cranberry Round / Fresh Fruit	Wheat / Gluten / Oats / Berries / Flaxseed / Apple / Rice		Gluten Free Vanilla Waffer		
		Plus	Oatmeal Cranberry Round / Fresh Fruit / Cheese Curds	Wheat / Gluten / Oats / Berries / Flaxseed / Apple / Rice / Dairy	Coconut Yogurt	Gluten Freen Vanilla Waffer		Coconut Yogurt
Thursday	AM	Standard	Whole Wheat Zucchini Muffin	Wheat / Gluten / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Zucchini Muffin / Fresh Fruit	Wheat / Gluten / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin		
	PM	Standard	Vanilla Yogurt / Fresh Fruit	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt
		Plus	Vanilla Yogurt / Fresh Fruit / Strawberry Granola Bar	Dairy / Citrus / Oats / Berry / Apple / Cherry / Rice / Currant / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa	Coconut Yogurt			Coconut Yogurt
Friday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisin		Rice Roll		
		Plus	Multigrain Muesli Morning Round / Apple Butter / Fresh Fruit	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisin		Rice Roll		
	PM	Standard	Round Crackers / Cheese Curds	Wheat / Gluten / Coconut / Soy / Dairy	Hummus	Rice Cake		Hummus
		Plus	PS/SA: Round Crackers / Cheese Curds / Baby Carrots	Wheat / Gluten / Coconut / Soy / Dairy / Carrot	Hummus	Gluten Free Corn Crackers		Hummus
		Plus	IT: Round Crackers / Cheese Curds / Blanched Baby Carrots	Wheat / Gluten / Coconut / Soy / Dairy / Carrot	Hummus	Gluten Free Corn Crackers		Hummus

			Menu Selection	Key Ingredients of Main Menu Item	Sesame	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Special K / Milk	Rice / Corn / Barley / Wheat / Gluten / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Special K / Milk / Fresh Fruit	Rice / Corn / Barley / Wheat / Gluten / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Wheat Oatmeal Round / Applesauce	Wheat / Gluten / Oats / Egg / Apple			Gluten Free Graham Cracker	Arrowroot	Arrowroot
		Plus	Whole Wheat Oatmeal Round / Applesauce / Edamame	Wheat / Gluten / Oats / Egg / Apple / Soy			Gluten Free Graham Cracker	Arrowroot	Arrowroot
Tuesday	AM	Standard	Whole Wheat Pancake / Strawberry Jam	Dairy / Wheat / Gluten / Egg / Berry / Amaranth		Vegan Pancake	Rice Bread	Vegan Pancake	Vegan Pancake
		Plus	Whole Wheat Pancake / Strawberry Jam / Fresh Fruit	Dairy / Wheat / Gluten / Egg / Berry / Amaranth		Vegan Pancake	Rice Bread	Vegan Pancake	Vegan Pancake
	PM	Standard	Spice Snaps / Fresh Fruit	Wheat / Gluten			Gluten Free Vanilla Waffer		
		Plus	Spice Snaps / Fresh Fruit / Cheese Cubes	Wheat / Gluten / Dairy		Hummus	Gluten Free Vanilla Waffer		Hummus
Wednesday	AM	Standard	Corn Flakes / Milk	Corn / Barley / Wheat / Gluten / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Corn Flakes / Milk / Fresh Fruit	Corn / Barley / Wheat / Gluten / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Wheat Vanilla Owl Snaps / Vanilla Yogurt	Wheat / Gluten / Citrus / Dairy		Coconut Yogurt	Gluten Free Vanilla Waffer		Coconut Yogurt
		Plus	Whole Wheat Vanilla Owl Snaps / Vanilla Yogurt / Fresh Fruit	Wheat / Gluten / Citrus / Dairy		Coconut Yogurt	Gluten Free Vanilla Waffer		Coconut Yogurt
Thursday	AM	Standard	Whole Wheat Apple Cinnamon Bagel / Cream Cheese	Wheat / Gluten / Apple / Dairy		Tofutti	Rice Roll		Tofutti
		Plus	Whole Wheat Apple Cinnamon Bagel / Cream Cheese / Fresh Fruit	Wheat / Gluten / Apple / Dairy		Tofutti	Rice Roll		Tofutti
	PM	Standard	Wheat Crackers / Mozzarella Cheese Slice	Wheat / Gluten / Barley / Dairy		Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
		Plus	Wheat Crackers / Mozzarella Cheese Slice / Grape Tomatoes	Wheat / Gluten / Barley / Dairy / Tomato		Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
Friday	AM	Standard	PS/SA: Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats / Wheat / Gluten		Coconut Yogurt	Gluten Free Oatmeal Round		Coconut Yogurt
		Standard	IT: Peach Yogurt / Social Tea Biscuit	Dairy / Citrus / Peach / Wheat / Gluten		Coconut Yogurt	Gluten Free Oatmeal Round		Coconut Yogurt
		Plus	PS/SA: Peach Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Peach / Oats / Wheat / Gluten		Coconut Yogurt	Gluten Free Oatmeal Round		Coconut Yogurt
		Plus	IT: Peach Yogurt / Social Tea Biscuit / Fresh Fruit	Dairy / Citrus / Peach / Wheat / Gluten		Coconut Yogurt	Gluten Free Oatmeal Round		Coconut Yogurt
	PM	Standard	Whole Wheat Banana Loaf / Fresh Fruit	Wheat / Gluten / Banana / Apple			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Banana Loaf / Fresh Fruit / Edamame	Wheat / Gluten / Banana / Apple / Soy			Gluten Free Carrot Muffin		

ALLERGEN GUIDE - Week 3

Fall / Winter 2025-2026

Standard Snack Menu
Plus Snack Menu

			Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Corn Chex / Milk	Corn / Dairy		No Milk			No Milk
		Plus	Corn Chex / Milk / Fresh Fruit	Corn / Dairy		No Milk			No Milk
	PM	Standard	Pretzel Bun / Mozzarella Cheese Slice	Wheat / Gluten / Barley / Dairy		Vegan Cheese Slice	Rice Roll		Vegan Cheese Slice
		Plus	Pretzel Bun / Mozzarella Cheese Slice / Fresh Fruit	Wheat / Gluten / Barley / Dairy		Vegan Cheese Slice	Rice Roll		Vegan Cheese Slice
Tuesday	AM	Standard	Apple Cinnamon Morning Round	Wheat / Gluten / Apple / Raisin			Rice Bread		
		Plus	Apple Cinnamon Morning Round / Fresh Fruit	Wheat / Gluten / Apple / Raisin			Rice Bread		
	PM	Standard	Whole Wheat Pumpkin Loaf / Fresh Fruit	Wheat / Gluten / Apple / Pumpkin / Flaxseed			Gluten Free Oatmeal Round		
		Plus	Whole Wheat Pumpkin Loaf / Fresh Fruit / Edamame	Wheat / Gluten / Apple / Pumpkin / Flaxseed / Soy			Gluten Free Oatmeal Round		
Wednesday	AM	Standard	Whole Wheat Bagel / Cream Cheese	Wheat / Gluten / Flaxseed / Rice / Dairy		Tofutti	Rice Roll		Tofutti
		Plus	Whole Wheat Bagel / Cream Cheese / Fresh Fruit	Wheat / Gluten / Flaxseed / Rice / Dairy		Tofutti	Rice Roll		Tofutti
	PM	Standard	Banana Oatmeal Bar / Applesauce	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple			Gluten Free Vanilla Waffers		
		Plus	Banana Oatmeal Bar / Applesauce / Hardboiled Egg	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple / Egg			Gluten Free Vanilla Waffers	Cheese Curds	Edamame
Thursday	AM	Standard	Rice Krispies / Milk	Rice / Wheat / Gluten / Barley / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Rice Krispies / Milk / Fresh Fruit	Rice / Wheat / Gluten / Barley / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Wheat Pita / Hummus	Wheat / Gluten / Oats / Chickpea			Rice Bread		
		Plus	Whole Wheat Pita / Hummus / Blanched Snow Peas	Wheat / Gluten / Oats / Chickpea / Pea			Rice Bread		
Friday	AM	Standard	Whole Wheat Carrot Muffin	Wheat / Gluten / Carrot / Apple / Flaxseed			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	Wheat / Gluten / Carrot / Apple / Flaxseed			Gluten Free Carrot Muffin		
	PM	Standard	Wheat Crackers / Cheese Curds	Wheat / Gluten / Barley / Dairy		Hummus	Rice Cake		Hummus
		Plus	PS/SA: Wheat Crackers / Cheese Curds / Baby Carrots	Wheat / Gluten / Barley / Dairy / Carrot		Hummus	Rice Cake		Hummus
		Plus	IT: Wheat Crackers / Cheese Curds / Blanched Baby Carrots	Wheat / Gluten / Barley / Dairy / Carrot		Hummus	Rice Cake		Hummus

			Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Rice Chex / Milk	Rice / Dairy		No Milk			
		Plus	Rice Chex / Milk / Fresh Fruit	Rice / Dairy		No Milk			
	PM	Standard	Strawberry Yogurt / Fresh Fruit	Dairy / Berries / Citrus / Clementine		Coconut Yogurt			Coconut Yogurt
		Plus	PS/SA: Strawberry Yogurt / Fresh Fruit / Organic Mixed Berry Granola Minis	Dairy / Berries / Citrus / GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom					
		Plus	IT: Strawberry Yogurt / Fresh Fruit / Organic Strawberry Granola Bar	Dairy / Berries / Citrus / GF Oats / Berry / Apple / Cherry / Rice / Currant / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa					
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Strawberry Jam	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisin / Berries			Rice Roll		
		Plus	Multigrain Muesli Morning Round / Strawberry Jam / Fresh Fruit	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisin / Berries					
	PM	Standard	Whole Wheat Owl Snaps / Berry Applesauce	Wheat / Gluten / Apple / Berries			Gluten Free Graham Cracker		
		Plus	Whole Wheat Owl Snaps / Berry Applesauce / Cheese Curds	Wheat / Gluten / Apple / Berries / Dairy		Vegan Cheese Slice	Gluten Free Graham Cracker		Vegan Cheese Slice
Wednesday	AM	Standard	PS/SA: Vanilla Yogurt / Whole Grain Granola	Citrus / Dairy / Oats / Gluten		Coconut Yogurt	Chex Cereal		Coconut Yogurt
		Standard	IT: Vanilla Yogurt / Cereal Topping	Citrus / Dairy / Corn		Coconut Yogurt			Coconut Yogurt
		Plus	PS/SA: Vanilla Yogurt / Whole Grain Granola / Fresh Fruit	Citrus / Dairy / Oats / Gluten		Coconut Yogurt	Chex Cereal		Coconut Yogurt
		Plus	IT: Vanilla Yogurt / Cereal Topping / Fresh Fruit	Citrus / Dairy / Corn		Coconut Yogurt			Coconut Yogurt
	PM	Standard	Whole Wheat Pita / Cheddar Cheese Slice	Wheat / Gluten / Oats / Dairy		Vegan Cheese Slice	Rice Roll		Vegan Cheese Slice
		Plus	PS/SA: Whole Wheat Pita / Cheddar Cheese Slice / Cucumber Slices	Wheat / Gluten / Oats / Dairy / Cucumber		Vegan Cheese Slice	Rice Roll		Vegan Cheese Slice
		Plus	IT: Whole Wheat Pita / Cheddar Cheese Slice / Peeled Cucumber Slices	Wheat / Gluten / Oats / Dairy / Cucumber		Vegan Cheese Slice	Rice Roll		Vegan Cheese Slice
Thursday	AM	Standard	Whole Wheat Cocoa Muffin	Wheat / Gluten / Zucchini / Cocoa / Flaxseed			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Cocoa Muffin / Fresh Fruit	Wheat / Gluten / Zucchini / Cocoa / Flaxseed			Gluten Free Carrot Muffin		
	PM	Standard	Javaneh Slice / Hummus	Wheat / Gluten			Rice Bun		
		Plus	Javaneh Slice / Hummus / Grape Tomato	Wheat / Gluten / Chickpea			Rice Bun		
Friday	AM	Standard	Multigrain Cheerios / Milk	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk			
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk			
	PM	Standard	PS/SA: Melba Toast / Cheese Cubes	Wheat / Gluten / Dairy		Diced Egg	Gluten Free Corn Cracker		Vegan Cheese Slice
		Standard	IT: Wheat Crackers / Cheese Cubes	Wheat / Gluten / Barley / Dairy		Diced Egg	Gluten Free Corn Cracker		Vegan Cheese Slice
		Plus	PS/SA: Melba Toast / Cheese Cubes / Guacamole	Wheat / Gluten / Dairy / Avocado / Citrus		Diced Egg	Gluten Free Corn Cracker		Vegan Cheese Slice
		Plus	IT: Wheat Crackers / Cheese Cubes / Guacamole	Wheat / Gluten / Barley / Dairy / Avocado / Citrus		Diced Egg	Gluten Free Corn Cracker		Vegan Cheese Slice