

| | | 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 Free Vanilla Waffer | Coconut Yogurt |
| Thursday | AM | Standard | Whole Wheat Zucchini Muffin | Wheat / Gluten / Zucchini / Cocoa / Flaxseed | | | Gluten Free Carrot Muffin | |
| | | Plus | PS/SA: Whole Wheat Pita / Hummus / Blanched Snow Peas | Wheat / Gluten / Zucchini / Cocoa / Flaxseed | | | Gluten Free Carrot Muffin | |
| | | Plus | IT: Whole Wheat Pita / Hummus / Peeled Cucumber Slices | Wheat / Gluten / Oats / Chickpea / Cucumber | | | 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 Snpas / 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 | PS/SA: Whole Wheat Pita / Hummus / Blanched Snow Peas | Wheat / Gluten / Barley / Dairy / Tomato | | Vegan Cheese Slice | Rice Cake | | Vegan Cheese Slice |
| | | Plus | IT: Whole Wheat Pita / Hummus / Peeled Cucumber Slices | Wheat / Gluten / Oats / Chickpea / Cucumber | | 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 | | |

| | | 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 | PS/SA: Whole Wheat Pita / Hummus / Blanched Snow Peas | Wheat / Gluten / Oats / Chickpea / Pea | | | Rice Bread | | |
| | | Plus | IT: Whole Wheat Pita / Hummus / Peeled Cucumber Slices | Wheat / Gluten / Oats / Chickpea / Cucumber | | | 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 / Oranigc 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 | PS/SA: Whole Wheat Pita / Hummus / Blanched Snow Peas | Wheat / Gluten / Oats / Dairy / Cucumber | | Vegan Cheese Slice | Rice Roll | | Vegan Cheese Slice |
| | | Plus | IT: Whole Wheat Pita / Hummus / Peeled Cucumber Slices | Wheat / Gluten / Oats / Chickpea / 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 |