

	Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Creamy Sun-Dried Tomato Chicken Whole Grain Pasta	Chicken / Tomato / Dairy / Wheat / Gluten		Dairy Free Sauce Chicken Sundried Tomato Penne	Gluten Free Creamy Sundried Tomato Chicken Pasta	Vegan Sauce Chickpea Sundried Tomato Penne	Chickpeas in Creamy Sundried Tomato Sauce	Creamy Sundried Tomato Halal Chicken Penne	
		Sunrise Mix	Green Bean / Carrot / Legume							
	B	Beef Meatballs in Tomato Sauce	Beef / Dairy / Wheat / Gluten / Soy / Tomato		Beef Burger in Tomato Sauce	Gluten Free Beef Burger in Tomato Sauce		Vegetarian Meatballs (Soy) in Tomato Sauce	Vegetarian Meatballs (Soy) in Tomato Sauce	Halal Meatballs in Tomato Sauce
		Brown Rice	Rice							
Tuesday	A	Korean BBQ Beef	Beef / Wheat / Gluten / Sesame / Soy / Rice	Beef in Brown Sauce		Beef in Brown Sauce		Korean BBQ Plant Based Crumble (Soy)	Korean BBQ Plant Based Crumble (Soy)	Halal Korean BBQ Marinated Beef
		Brown Rice	Rice							
		PS: Cucumber Slices	Cucumber							
		IT: Cucumber Slices	Cucumber							
	B	Breaded Fish Patty	Fish / Wheat / Gluten / Soy			Plain Fish		Mushroom Burger (Soy)		
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Tzatziki Sauce	Cucumber / Dairy		Vegan Mayo		Vegan Mayo			
Carrots and Turnips	Carrot / Turnip									
Wednesday	A	Mini Potato and Cheese Perogies	Dairy / Potato / Gluten / Wheat		Potato Perogies	Roasted Potato	Potato Perogies			
		Sour Cream	Dairy		Tofutti (Soy)		Tofutti (Soy)			
		Marinated Chickpea Salad	Chickpea / Citrus / Legume							
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Chicken Alfredo	Chicken / Dairy		Chicken in Tomato Sauce			Tofu in Tomato Sauce	Tofu Alfredo	Halal Chicken Alfredo
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume									
Thursday	A	Cheddar Cheese Omelet	Egg / Dairy		Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Wheat / Gluten			Gluten Free Bread				
		Green Peas	Green Pea / Legume							
	B	Southwest Diced Chicken	Chicken / Black Bean / Corn / Tomato					Southwest Black Beans	Southwest Black Beans	Southwest Halal Diced Chicken
		Corn Bread	Wheat / Gluten / Egg / Corn / Dairy		Noor Roll	Gluten Free Roll	Noor Roll	Noor Roll		
Green Peas	Green Pea / Legume									
Friday	A	PS/SA: Lemon Chicken Drumstick	Chicken / Citrus				Lemon Plant Based Strips (Legume/Soy)	Lemon Plant Based Strips (Legume/Soy)	Halal Lemon Chicken Drumstick	
		IT: Diced Lemon Chicken	Chicken / Citrus / Celery / Carrot				Lemon Plant Based Strips (Legume/Soy)	Lemon Plant Based Strips (Legume/Soy)	Halal Lemon Diced Chicken	
		Veggie Quinoa Blend	Quinoa / Carrot / Green Pea / Celery / Soy / Legume							
		PS/SA: Bell Pepper Sticks	Pepper							
		IT: Blanched Baby Carrots	Carrot							
	B	Spinach and Lentil Daal	Spinach / Lentil / Legume							
		Whole Wheat Mini Naan Dippers	Wheat / Gluten			Gluten Free Bread				
		PS/SA: Bell Pepper Sticks	Pepper							
IT: Blanched Baby Carrots	Carrot									



ALLERGEN GUIDE - Week 2
Spring / Summer 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	Dino Chicken Nuggets	Chicken / Wheat / Gluten / Corn / Soy			Plain Chicken		Plant Based Nuggets (Soy)	Plant Based Nuggets (Soy)	Halal Breaded Chicken Pieces
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Diced Carrots	Carrot							
	B	Mini Beef Meatball Soup	Beef / Wheat / Gluten / Soy / Dairy / Egg / Mustard / Carrot / Spinach		Ground Beef Soup	Gluten Free Ground Beef Soup	Ground Beef Soup	Bean Soup	Bean Soup	Halal Ground Beef Soup
		Whole Wheat Dinner Roll	Wheat / Gluten			Gluten Free Roll				
		PS/SA: Baby Carrots	Carrot							
	IT: Blanched Baby Carrots	Carrot								
Tuesday	A	Egg Patty	Egg / Dairy		Vegan Egg Patty (Legume)		Vegan Egg Patty (Legume)	Vegan Egg Patty (Legume)		
		Cheese Slice	Dairy		Vegan Cheese Slice		Vegan Cheese Slice			
		Whole Wheat Bread	Wheat / Gluten			Gluten Free Bread				
		Green Peas	Green Pea / Legume							
	B	Chicken Tikka Masala	Chicken / Celery / Carrot / Dairy / Tomato / Citrus		Chicken in Tomato Sauce			Lentils in Tomato Sauce	Lentil Tikka Masala	Halal Chicken Tikka Masala
		Brown Rice	Rice							
		Green Peas	Green Pea / Legume							
Wednesday	A	Classic Mac and Cheese	Wheat / Gluten / Dairy		Dairy Free Mac and Cheese	Gluten Free Mac and Cheese		Dairy Free Mac and Cheese		
		Grilled Chicken Strips	Chicken					Plant Based Tenders (Soy)	Plant Based Tenders (Soy)	Plant Based Tenders (Soy)
		PS/SA: Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							
		IT: 4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Fish Sticks	Fish / Soy / Wheat / Gluten / Dairy		Plant Based Tenders (Soy)	Plain Fish		Plant Based Tenders (Soy)		
		Brown Rice	Rice							
		Lemon Garlic Yogurt Sauce	Citrus / Mustard / Dairy		Vegan Mayo			Vegan Mayo		
	4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume								
Thursday	A	Beef Burger	Beef / Wheat / Gluten / Soy			Gluten Free Beef Burger		Plant Based Burger (Soy)	Plant Based Burger (Soy)	Halal Beef Burger
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Cheese Slice	Dairy		Vegan Cheese Slice		Vegan Cheese Slice			
		Corn	Corn							
	B	Hidden Bean Lasagna	Legume / Tomato / Dairy / Wheat / Gluten		Hidden Bean Lasagna - No Cheese	Gluten Free Hidden Bean Pasta		Hidden Bean Lasagna - No Cheese		
		Corn	Corn							
Friday	A	PS/SA: Portuguese Chicken Drumstick	Chicken / Pepper / Citrus / Tomato / Tamarind				Portuguese Beans	Portuguese Beans	Halal Portuguese Chicken Drumstick	
		IT: Portuguese Diced Chicken	Chicken / Pepper / Citrus / Tomato / Tamarind / Celery / Carrot				Portuguese Beans	Portuguese Beans	Halal Portuguese Diced Chicken	
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
		PS/SA: Bell Pepper Sticks	Pepper							
	B	IT: Broccoli	Broccoli							
		Beef Bolognese	Beef / Tomato					Vegetarian Bolognese (Soy)	Vegetarian Bolognese (Soy)	Halal Beef Bolognese
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
	PS/SA: Bell Pepper Sticks	Pepper								
	IT: Broccoli	Broccoli								

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ALLERGEN GUIDE - Week 3

Spring / Summer 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	Chicken Alfredo	Chicken / Dairy		Chicken in Tomato Sauce		Tofu in Tomato Sauce	Tofu Alfredo	Halal Chicken Alfredo	
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
		Sunrise Mix	Green Bean / Carrot / Legume							
	B	Mushroom Patty with Gravy	Soy / Mushrooms / Rice / Potato / Pepper							
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Sunrise Mix	Green Bean / Carrot / Legume							
Tuesday	A	Vegetarian Egg "Fried" Rice	Rice / Green Pea / Egg / Dairy / Soy / Wheat / Gluten / Celery / Legume		Vegan Egg "Fried" Rice (Legume)	Gluten Free Vegetarian Egg "Fried" Rice	Vegan Egg "Fried" Rice (Legume)	Vegan Egg "Fried" Rice (Legume)		
		Broccoli	Broccoli							
	B	Teriyaki Halal Chicken Meatballs	Chicken / Rice / Wheat / Gluten / Soy / Barley / Citrus					Teriyaki Vegetarian Meatballs (Soy)	Teriyaki Vegetarian Meatballs (Soy)	
		Brown Rice	Rice							
		Broccoli	Broccoli							
Wednesday	A	Butter Chicken Pasta	Chicken / Dairy / Tomato		Butter Chicken in Tomato Sauce		Tofu in Tomato Sauce	Butter Tofu	Halal Butter Chicken	
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
		Peas and Corn	Green Pea / Corn / Legume							
	B	Cod Nuggets	Fish / Rice					Plant Based Nuggets (Soy)		
		Whole Wheat Tortilla	Wheat / Gluten / Rice			Corn Tortilla				
		Lemon Garlic Yogurt Sauce	Citrus / Mustard / Dairy		Vegan Mayo			Vegan Mayo		
		Peas and Corn	Green Pea / Corn / Legume							
Thursday	A	Ground Beef and Bean Taco Bowl	Beef / Legume / Pepper				Vegetarian Bean Taco Bowl (Soy)	Vegetarian Bean Taco Bowl (Soy)	Halal Beef and Bean Taco Bowl	
		Mexican Rice	Tomato / Rice							
		Shredded Cheese	Dairy		No Cheese		No Cheese			
		PS/SA: Bell Pepper Sticks	Pepper							
		IT: Corn	Corn							
	B	Breaded Chicken Burger	Chicken / Soy / Wheat / Gluten			Plain Chicken		Black Bean Burger	Black Bean Burger	Halal Chicken Chunks
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Corn	Corn							
Friday	A	PS/SA: BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				BBQ Plant Based Strips (Legume/Soy)	BBQ Plant Based Strips (Legume/Soy)	Halal BBQ Chicken Drumstick	
		IT: BBQ Diced Chicken	Chicken / Celery / Carrot / Tomato				BBQ Plant Based Strips (Legume/Soy)	BBQ Plant Based Strips (Legume/Soy)	Halal BBQ Diced Chicken	
		Veggie Quinoa Blend	Quinoa / Carrot / Green Pea / Celery / Soy / Legume							
		PS/SA: Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							
		IT: Diced Carrots	Carrot							
	B	Tomato Bean Primavera	Tomato / Zucchini / Pepper / Legume			Gluten Free Tomato Bean Pasta				
		Whole Grain Pasta	Wheat / Gluten							
Diced Carrots	Carrot									

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ALLERGEN GUIDE - Week 4

Spring / Summer 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 / Soy / Wheat / Gluten			Plain Chicken		Plant Based Nuggets (Soy)	Plant Based Nuggets (Soy)	Halal Breaded Chicken Pieces
		Plum Sauce	Plum / Pumpkin / Citrus							
		Brown Rice	Rice							
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn / Legume							
	B	Coconut Tofu Curry	Coconut / Dairy / Soy / Tomato / Carrot / Pepper / Potato		Tofu Curry in Tomato Sauce			Tofu Curry in Tomato Sauce		
		Brown Rice	Rice							
4 Way Mix		Green Bean / Green Pea / Carrot / Corn / Legume								
Tuesday	A	Hidden Tofu Mac and Cheese	Soy / Wheat / Gluten / Dairy		Baked Tofu with Macaroni in Tomato Sauce	Baked Tofu with Macaroni in Tomato Sauce	Baked Tofu with Macaroni in Tomato Sauce			
		Peas and Corn	Green Pea / Corn / Legume							
	B	Turkey Burger	Turkey / Cauliflower					Plant Based Burger (Soy)	Plant Based Burger (Soy)	
		Hamburger Bun	Wheat / Gluten			Gluten Free Bun				
		Cheese Slice	Dairy		Vegan Cheese Slice			Vegan Cheese Slice		
		Peas and Corn	Green Pea / Corn / Legume							
Wednesday	A	BBQ Beef Meatballs	Beef / Dairy / Wheat / Gluten / Soy / Tomato		Halal BBQ Meatballs	Gluten Free Beef Burger in BBQ Sauce		BBQ Vegetarian Meatballs (Soy)	BBQ Vegetarian Meatballs (Soy)	Halal BBQ Meatballs
		Whole Wheat Bread	Wheat / Gluten			Gluten Free Bread				
		Sunrise Mix	Green Bean / Carrot / Legume							
	B	Chicken Lasagna	Wheat / Gluten / Tomato / Chicken / Dairy		Chicken Lasagna - No Cheese	Gluten Free Chicken Lasagna Pasta		Plant Based Crumble Lasagna (Pea/Legume)	Plant Based Crumble Lasagna (Pea/Legume)	Halal Chicken Lasagna
		PS/SA: Cucumber Slices	Cucumber							
IT: Cucumber Slices	Cucumber									
Thursday	A	Fish Sticks	Fish / Soy / Wheat / Gluten / Dairy		Plant Based Tenders (Soy)	Plain Fish		Plant Based Tenders (Soy)		
		Brown Rice	Rice							
		Green Peas	Green Pea							
	B	Adobo Diced Chicken	Chicken / Potato / Soy					Adobo Beans	Adobo Beans	Halal Adobo Chicken
		Brown Rice	Rice							
Green Peas	Green Pea / Legume									
Friday	A	PS/SA: Herbed Chicken Drumstick	Chicken					Herbed Tofu	Herbed Tofu	Halal Herb Chicken Drumstick
		IT: Herb Diced Chicken	Chicken / Celery / Carrot					Herbed Tofu	Herbed Tofu	Halal Herb Diced Chicken
		Whole Grain Pasta	Wheat / Gluten			Gluten Free Pasta				
		PS/SA: Baby Carrots	Carrot							
		IT: Blanched Baby Carrots	Carrot							
	B	Whitefish Rose Sauce with Whole Grain Pasta	Wheat / Gluten / Tomato / Dairy / Fish		Whitefish Tomato Sauce with Whole Grain Penne	Gluten Free Whitefish Rose Pasta		Bean Pasta in Tomato Sauce		
		Diced Carrots	Carrot							

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