



## ALLERGEN GUIDE - Week 1

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 | 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                                                |                     |                                                |                                                  |                 |                                            |                                            |                                            |
|           |   | Sunrise Mix                                       | Green Bean / Carrot / Legume                        |                     |                                                |                                                  |                 |                                            |                                            |                                            |
| 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                                              |                     |                                                |                                                  |                 |                                            |                                            |                                            |

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Eat Grow Thrive

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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                                                                 |                        |                                 |                               |                            |                                 |                            |                                    |
|                                        |           | IT: Broccoli                        | Broccoli                                                               |                        |                                 |                               |                            |                                 |                            |                                    |
|                                        | B         | 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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|                  |          | Menu Selection                         | Key Ingredients of Main Menu Item                                       | Sesame Free | Dairy Free                      | Gluten Free                             | Egg Free                        | Vegan                               | Vegetarian                          | Halal                         |
|------------------|----------|----------------------------------------|-------------------------------------------------------------------------|-------------|---------------------------------|-----------------------------------------|---------------------------------|-------------------------------------|-------------------------------------|-------------------------------|
| <b>Monday</b>    | <b>A</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                       |                                 |                                     |                                     |                               |
|                  |          | Sunrise Mix                            | Green Bean / Carrot / Legume                                            |             |                                 |                                         |                                 |                                     |                                     |                               |
|                  | <b>B</b> | Mushroom Patty with Gravy              | Soy / Mushrooms / Rice / Potato / Pepper                                |             |                                 |                                         |                                 |                                     |                                     |                               |
|                  |          | Hamburger Bun                          | Wheat / Gluten                                                          |             |                                 | Gluten Free Bun                         |                                 |                                     |                                     |                               |
|                  |          | Sunrise Mix                            | Green Bean / Carrot / Legume                                            |             |                                 |                                         |                                 |                                     |                                     |                               |
| <b>Tuesday</b>   | <b>A</b> | 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>B</b> | Teriyaki Halal Chicken Meatballs       | Chicken / Rice / Wheat / Gluten / Soy / Barley / Citrus                 |             |                                 | Halal Chicken Meatball in Brown Sauce   |                                 | Teriyaki Vegetarian Meatballs (Soy) | Teriyaki Vegetarian Meatballs (Soy) |                               |
|                  |          | Brown Rice                             | Rice                                                                    |             |                                 |                                         |                                 |                                     |                                     |                               |
|                  |          | Broccoli                               | Broccoli                                                                |             |                                 |                                         |                                 |                                     |                                     |                               |
| <b>Wednesday</b> | <b>A</b> | 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>B</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                                               |             |                                 |                                         |                                 |                                     |                                     |                               |
| <b>Thursday</b>  | <b>A</b> | 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                                                                   |             | Vegan Shredded Cheese           |                                         |                                 | Vegan Shredded Cheese               |                                     |                               |
|                  |          | PS/SA: Bell Pepper Sticks              | Pepper                                                                  |             |                                 |                                         |                                 |                                     |                                     |                               |
|                  |          | IT: Corn                               | Corn                                                                    |             |                                 |                                         |                                 |                                     |                                     |                               |
|                  | <b>B</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                                                                    |             |                                 |                                         |                                 |                                     |                                     |                               |
| <b>Friday</b>    | <b>A</b> | 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>B</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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