



ALLERGEN GUIDE - Week 1

Spring / Summer 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	All Bran / Milk	Wheat / Gluten / Barley	No Milk	Chex Cereal		No Milk
		Plus	All Bran / Milk / Fresh Fruit	Wheat / Gluten / Barley	No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Wheat Mini Veggie Crackers / Cheese Slice	Wheat / Gluten / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy	Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
		Plus	Whole Wheat Mini Veggie Crackers / Cheese Slice / Guacamole	Wheat / Gluten / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy / Avocado / Citrus	Vegan Cheese Slice	Rice Cake		Vegan Cheese Slice
Tuesday	AM	Standard	Banana Oatmeal Bar	Oats / Wheat / Gluten / Banana / Rice / Barley		Gluten Free Vanilla Wafer		
		Plus	Banana Oatmeal Bar / Unsweetened Applesauce	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple		Gluten Free Vanilla Wafer		
	PM	Standard	PS/SA: Melba Toast / Strawberry Jam / Fresh Fruit	Wheat / Gluten / Strawberry / Amaranth		Corn Crackers		
		Standard	IT: Corn Crackers / Strawberry Jam / Fresh Fruit	Corn / Strawberry / Amaranth				
		Plus	PS/SA: Melba Toast / Strawberry Jam / Fresh Fruit / Edamame	Wheat / Gluten / Strawberry / Amaranth / Soy		Corn Crackers		
		Plus	IT: Corn Crackers / Strawberry Jam / Fresh Fruit / Edamame	Corn / Strawberry / Amaranth / Soy				
Wednesday	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	Pretzel Bun / Cheese Slice	Wheat / Gluten / Barley / Dairy	Vegan Cheese Slice	Gluten Free Bun		Vegan Cheese Slice
		Plus	Pretzel Bun / Cheese Slice / Fresh Fruit	Wheat / Gluten / Barley / Dairy	Vegan Cheese Slice	Gluten Free Bun		Vegan Cheese Slice
Thursday	AM	Standard	Whole Wheat Bagel / Apple Butter	Wheat / Gluten / Flaxseed / Rice / Apple		Gluten Free Bread		
		Plus	Whole Wheat Bagel / Apple Butter / Fresh Fruit	Wheat / Gluten / Flaxseed / Rice / Apple		Gluten Free Bread		
	PM	Standard	PS/SA: Whole Wheat Breadsticks / Hummus	Wheat / Gluten / Barley / Sunflower / Chickpea / Legume		Rice Cake		
		Standard	IT: Soda Crackers / Hummus	Wheat / Gluten / Barley / Chickpea / Legume		Rice Cake		
		Plus	PS/SA: Whole Wheat Breadsticks / Hummus / Grape Tomato	Wheat / Gluten / Barley / Sunflower / Chickpea / Legume / Tomato		Rice Cake		
		Plus	IT: Soda Crackers / Hummus / Grape Tomato	Wheat / Gluten / Barley / Chickpea / Legume / Tomato		Rice Cake		
Friday	AM	Standard	Waffle / Strawberry Jam	Wheat / Gluten / Egg / Dairy / Berry / Amaranth	Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
		Plus	Waffle / Strawberry Jam / Fresh Fruit	Wheat / Gluten / Egg / Dairy / Berry / Amaranth	Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
	PM	Standard	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	Wheat / Gluten / Zucchini / Cocoa / Flaxseed		Gluten Free Carrot Muffin		
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit / Hard Boiled Egg	Wheat / Gluten / Zucchini / Cocoa / Flaxseed / Egg		Gluten Free Carrot Muffin	Cheese Curds	Edamame

Effective April 13, 2026
Last Revised Aug 12, 2026

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

Spring / Summer 2026

Standard Snack Menu
Plus Snack Menu

		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	Babybel Cheese / Fresh Fruit	Dairy		Vegan Cheese Slice		Vegan Cheese Slice
		Plus	Babybel Cheese / Fresh Fruit / Whole Grain Cranberry Oatmeal Cookie	Dairy / Wheat / Gluten / Oats / Berries / Flaxseed / Rice / Apple		Vegan Cheese Slice	Corn Crackers	Vegan Cheese Slice
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins			Gluten Free Roll	
		Plus	Multigrain Muesli Morning Round / Apple Butter Fresh Fruit	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins			Gluten Free Roll	
	PM	Standard	Whole Wheat Vanilla Snaps / Unsweetened Applesauce	Wheat / Gluten / Apple			Gluten Free Vanilla Wafer	
		Plus	Whole Wheat Vanilla Snaps / Unsweetened Applesauce / Cheese Curds	Wheat / Gluten / Apple / Dairy		Vegan Cheese Slice	Gluten Free Vanilla Wafer	Vegan Cheese Slice
Wednesday	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 Pita / Bruschetta	Wheat / Gluten / Oats / Tomato			Gluten Free Bread	
		Plus	Whole Wheat Pita / Bruschetta / Shredded Cheese	Wheat / Gluten / Oats / Tomato / Dairy		Vegan Cheese Slice	Gluten Free Bread	Vegan Cheese Slice
Thursday	AM	Standard	PS/SA: Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats / Gluten		Coconut Yogurt	Chex Cereal Topping	Coconut Yogurt
		Standard	IT: Peach Yogurt / Chex Cereal Topping	Dairy / Citrus / Peach / Corn		Coconut Yogurt		Coconut Yogurt
		Plus	PS/SA: Peach Yogurt / Whole Grain Granola / Fresh Fruit	Dairy / Citrus / Peach / Oats / Gluten		Coconut Yogurt	Chex Cereal Topping	Coconut Yogurt
		Plus	IT: Peach Yogurt / Chex Cereal Topping / Fresh Fruit	Dairy / Citrus / Peach / Corn		Coconut Yogurt		Coconut Yogurt
	PM	Standard	Hard Boiled Egg / Fresh Fruit	Egg			Cheese Curds	Vegan Cheese Slice
		Plus	Hard Boiled Egg / Fresh Fruit / Whole Wheat Lemon Blueberry Loaf	Egg / Wheat / Gluten / Berry / Citrus / Apple / Flaxseed			Gluten Free Oatmeal Cookie	Cheese Curds
Friday	AM	Standard	Whole Wheat Summer Berry Muffin	Wheat / Gluten / Berry / Apple / Flaxseed			Gluten Free Carrot Muffin	
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	Wheat / Gluten / Berry / Apple / Flaxseed			Gluten Free Carrot Muffin	
	PM	Standard	PS/SA: Strawberry Granola Bar / Baby Carrots	GF Oats / Berry / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa				
		Standard	IT: Strawberry Granola Bar / Blanched Baby Carrots	GF Oats / Berry / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa				
		Plus	PS/SA: Strawberry Granola Bar / Baby Carrots / Edamame	GF Oats / Berry / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa / Soy				
		Plus	IT: Strawberry Granola Bar / Blanched Baby Carrots / Edamame	GF Oats / Berry / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Cocoa / Soy				

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Eat Grow Thrive

			Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	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 Banana Muffin / Fresh Fruit	Wheat / Gluten / Banana / Apple			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Banana Muffin / Fresh Fruit / Cheese Curds	Wheat / Gluten / Banana / Apple / Dairy		Vegan Cheese Slice	Gluten Free Carrot Muffin		Vegan Cheese Slice
Tuesday	AM	Standard	Whole Wheat Carrot Zucchini Loaf	Wheat / Gluten / Carrot / Zucchini / Apple / Flaxseed			Gluten Free Oatmeal Cookie		
		Plus	Whole Wheat Carrot Zucchini Loaf / Unsweetened Applesauce	Wheat / Gluten / Carrot / Zucchini / Apple / Flaxseed			Gluten Free Oatmeal Cookie		
	PM	Standard	PS/SA: Red Pepper Cream Cheese / Cucumber Slices	Dairy / Pepper / Cucumber		Hummus			Hummus
		Standard	PS/SA: Red Pepper Cream Cheese / Peeled Cucumber Slices	Dairy / Pepper / Cucumber		Hummus			Hummus
		Plus	PS/SA: Red Pepper Cream Cheese / Cucumber Slices / Whole Wheat Mini Veggie Crackers	Dairy / Pepper / Cucumber / Wheat / Gluten / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach		Hummus	Rice Cake		Hummus
		Plus	IT: Red Pepper Cream Cheese / Peeled Cucumber Slices / Whole Wheat Mini Veggie Crackers	Dairy / Pepper / Cucumber / Wheat / Gluten / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach		Hummus	Rice Cake		Hummus
Wednesday	AM	Standard	Whole Wheat Pancake / Strawberry Chia Jam	Wheat / Gluten / Dairy / Egg / Berry / Chia		Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
		Plus	Whole Wheat Pancake / Strawberry Chia Jam / Fresh Fruit	Wheat / Gluten / Dairy / Egg / Berry / Chia		Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
	PM	Standard	Mini Naan Dippers / Hummus	Wheat / Gluten / Chickpea / Legume			Corn Crackers		
		Plus	PS/SA: Mini Naan Dippers / Hummus / Baby Carrots	Wheat / Gluten / Chickpea / Legume / Carrot			Corn Crackers		
		Plus	IT: Mini Naan Dippers / Hummus / Blanched Baby Carrots	Wheat / Gluten / Chickpea / Legume / Carrot			Corn Crackers		
Thursday	AM	Standard	Chex / Milk	Rice / Dairy		No Milk			No Milk
		Plus	Chex / Milk / Fresh Fruit	Rice / Dairy		No Milk			No Milk
	PM	Standard	Cornbread / Unsweetened Applesauce	Wheat / Gluten / Egg / Corn / Dairy / Apple		Vegan Oatmeal Cookie	Gluten Free Oatmeal Cookie	Vegan Oatmeal Cookie	Vegan Oatmeal Cookie
		Plus	Cornbread / Unsweetened Applesauce / Edamame	Wheat / Gluten / Egg / Corn / Dairy / Apple / Soy		Vegan Oatmeal Cookie	Gluten Free Oatmeal Cookie	Vegan Oatmeal Cookie	Vegan Oatmeal Cookie
Friday	AM	Standard	Whole Wheat Pineapple Coconut Muffin	Pineapple / Wheat / Gluten / Apple / Coconut / Citrus			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Pineapple Coconut Muffin / Fresh Fruit	Pineapple / Wheat / Gluten / Apple / Coconut / Citrus			Gluten Free Carrot Muffin		
	PM	Standard	Mini Maple Shaped Biscuit / Fresh Fruit	Wheat / Gluten / Dairy		Whole Wheat Vanilla Snaps	Gluten Free Graham Cookie	Whole Wheat Vanilla Snaps	Whole Wheat Vanilla Snaps
		Plus	Mini Maple Shaped Biscuit / Fresh Fruit / Cheese Cubes	Wheat / Gluten / Dairy		Whole Wheat Vanilla Snaps Vegan Cheese Slice	Gluten Free Graham Cookie		Whole Wheat Vanilla Snaps Vegan Cheese Slice

		Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	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	Banana Oatmeal Bar / Unsweetened Applesauce	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple			Gluten Free Vanilla Wafer	
		Plus	Banana Oatmeal Bar / Unsweetened Applesauce / Edamame	Oats / Wheat / Gluten / Banana / Rice / Barley / Apple / Soy			Gluten Free Vanilla Wafer	
Tuesday	AM	Standard	Multigrain Muesli Morning Round / Apple Butter	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins			Gluten Free Bread	
		Plus	Multigrain Muesli Morning Round / Apple Butter / Fresh Fruit	Wheat / Gluten / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins			Gluten Free Bread	
	PM	Standard	PS/SA: Cheese Cubes / Baby Carrots	Dairy / Carrot		Vegan Cheese Slice		Vegan Cheese Slice
		Standard	IT: Cheese Cubes / Blanched Baby Carrots	Dairy / Carrot		Vegan Cheese Slice		Vegan Cheese Slice
		Plus	PS/SA: Cheese Cubes / Baby Carrots / Oatmeal Cookie	Dairy / Carrot / Wheat / Gluten / Oats / Apple / Flaxseed / Rice		Vegan Cheese Slice	Gluten Free Oatmeal Cookie	Vegan Cheese Slice
		Plus	IT: Cheese Cubes / Blanched Baby Carrots / Oatmeal Cookie	Dairy / Carrot / Wheat / Gluten / Oats / Apple / Flaxseed / Rice		Vegan Cheese Slice	Gluten Free Oatmeal Cookie	Vegan Cheese Slice
Wednesday	AM	Standard	Whole Grain Banana Cookie	Wheat / Gluten / Banana			Gluten Free Graham Cookie	
		Plus	Whole Grain Banana Cookie / Fresh Fruit	Wheat / Gluten / Banana			Gluten Free Graham Cookie	
	PM	Standard	PS/SA: Whole Wheat Breadsticks / Grape Tomato	Wheat / Gluten / Barley / Sunflower / Tomato			Rice Cake	
		Standard	IT: Soda Crackers / Grape Tomato	Wheat / Gluten / Barley / Tomato			Rice Cake	
		Plus	PS/SA: Whole Wheat Breadsticks / Grape Tomato / Hummus	Wheat / Gluten / Barley / Sunflower / Tomato / Chickpea / Legume			Rice Cake	
		Plus	IT: Soda Crackers / Grape Tomato / Hummus	Wheat / Gluten / Barley / Chickpea / Tomato / Chickpea / Legume			Rice Cake	
Thursday	AM	Standard	Whole Wheat Bread / Cheese Slice	Wheat / Gluten / Dairy		Vegan Cheese Slice	Gluten Free Bread	Vegan Cheese Slice
		Plus	Whole Wheat Bread / Cheese Slice / Fresh Fruit	Wheat / Gluten / Dairy		Vegan Cheese Slice	Gluten Free Bread	Vegan Cheese Slice
	PM	Standard	Babybel Cheese / Fresh Fruit	Dairy		Vegan Cheese Slice		Vegan Cheese Slice
		Plus	PS/SA: Babybel Cheese / Fresh Fruit / Melba Toast	Dairy / Wheat / Gluten		Vegan Cheese Slice	Corn Crackers	Vegan Cheese Slice
		Plus	IT: Babybel Cheese / Fresh Fruit / Corn Crackers	Dairy / Corn		Vegan Cheese Slice		Vegan Cheese Slice
Friday	AM	Standard	Multigrain Cheerios / Milk	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk	No Milk	No Milk
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	Rice / Oats / Sorghum / Corn / Millet / Dairy		No Milk		No Milk
	PM	Standard	English Muffin / Cheese Slice	Wheat / Gluten / Dairy		Vegan Cheese Slice	Gluten Free Bread	Vegan Cheese Slice
		Plus	English Muffin / Cheese Slice / Fresh Fruit	Wheat / Gluten / Dairy		Vegan Cheese Slice	Gluten Free Bread	Vegan Cheese Slice