WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 1

Fall / Winter 2026-2027

Standard Snack Menu

Plus Snack Menu

			Menu Selection	Key Ingredients of Main Menu Item	Sesame Free	Dairy Free	Gluten Free	Egg Free	Vegan
Monday	AM	Standard	Corn Flakes / Milk	Corn / Barley / Gluten		No Milk	Chex Cereal		No Milk
		Plus	Corn Flakes / Milk / Fresh Fruit	Corn / Barley / Gluten / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Grain Banana Granola Bar / Cheese Curds	GF Oats / Rice / Banana / Dairy		Vegan Cheese Slice			Vegan Cheese Slice
		Plus	Whole Grain Banana Granola Bar / Cheese Curds / Fresh Fruit	GF Oats / Rice / Banana / Dairy		Vegan Cheese Slice			Vegan Cheese Slice
Tuesday	AM	Standard	Whole Wheat Mini Bagel / Cream Cheese	Gluten / Wheat / Flaxseed / Rice / Dairy		Tofutti	Gluten Free Bun		Tofutti
		Plus	Whole Wheat Mini Bagel / Cream Cheese / Fresh Fruit	Gluten / Wheat / Flaxseed / Rice / Dairy		Tofutti	Gluten Free Bun		Tofutti
	PM	Standard	Whole Wheat Vanilla Snaps / Unsweetened Applesauce	Gluten / Wheat / Soy / Apple			Gluten Free Vanilla Wafer		
		Plus	Whole Wheat Vanilla Snaps / Unsweetened Applesauce / Hard Boiled Egg	Gluten / Wheat / Soy / Apple / Egg			Gluten Free Vanilla Wafer	Cheese Curds	Vegan Cheese Slice
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	Fresh Fruit / Maple Cinnamon Greek Yogurt Dip	Dairy		Dairy Free Maple Cinnamon Dip			Dairy Free Maple Cinnamon Dip
		Plus	Fresh Fruit / Maple Cinnamon Greek Yogurt Dip / Pretzel Bun	Dairy / Gluten / Wheat / Barley		Dairy Free Maple Cinnamon Dip	Gluten Free Bun		Dairy Free Maple Cinnamon Dip
Thursday	AM	Standard	Whole Grain Pancake / Strawberry Chia Jam	Gluten / Wheat / Dairy / Egg / Soy / Berries / Pear / Citrus / Chia		Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
		Plus	Whole Grain Pancake / Strawberry Chia Jam / Fresh Fruit	Gluten / Wheat / Dairy / Egg / Soy / Berries / Pear / Citrus / Chia		Vegan Pancake	Gluten Free Bread	Vegan Pancake	Vegan Pancake
	PM	Standard	**PS/SA**: Baby Carrots / Edamame Spread	Carrot / Soy / Citrus					
		Standard	**IT:** Blanched Baby Carrots / Edamame Spread	Carrot / Soy / Citrus					
		Plus	**PS/SA**: Baby Carrots / Edamame Spread / Whole Wheat Veggie Crackers	Carrot / Soy / Citrus / Gluten / Wheat / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy / Soy		Soda Crackers	Rice Cake		Soda Crackers
		Plus	**IT:** Blanched Baby Carrots / Edamame Spread / Whole Wheat Veggie Crackers	Carrot / Soy / Citrus / Gluten / Wheat / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy / Soy		Soda Crackers	Rice Cake		Soda Crackers
Friday	AM	Standard	Blueberry Morning Round	Gluten / Wheat / Berries / Apple / Raisins			Gluten Free Roll		
		Plus	Blueberry Morning Round / Fresh Fruit	Gluten / Wheat / Berries / Apple / Raisins			Gluten Free Roll		
	PM	Standard	Whole Wheat Apple Zucchini Muffin / Fresh Fruit	Gluten / Wheat / Apple / Flaxseed / Citrus / Zucchini			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Apple Zucchini Muffin / Fresh Fruit / Edamame	Gluten / Wheat / Apple / Flaxseed / Citrus / Zucchini / Soy			Gluten Free Carrot Muffin		

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If Space is Blank no replacement is required

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WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 2

Fall / Winter 2026-2027

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	Multigrain Cheerios / Milk	Oats / Rice / Corn / Sorghum / Millet / Dairy		No Milk			No Milk
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	Oats / Rice / Corn / Sorghum / Millet / Dairy		No Milk			No Milk
	PM	Standard	Whole Grain Banana Oatmeal Cookie / Fresh Fruit	Oats / Gluten / Wheat / Banana			Gluten Free Oatmeal Cookie		
		Plus	Whole Grain Banana Oatmeal Cookie / Fresh Fruit / Hard Boiled Egg	Oats / Gluten / Wheat / Banana / Egg			Gluten Free Oatmeal Cookie	Cheese Curds	Vegan Cheese Slice
Tuesday	AM	Standard	Whole Wheat Apple Cinnamon Bagel / Cream Cheese	Gluten / Wheat / Apple / Dairy		Tofutti	Gluten Free Bun		Tofutti
		Plus	Whole Wheat Apple Cinnamon Bagel / Cream Cheese / Fresh Fruit	Gluten / Wheat / Apple / Dairy		Tofutti	Gluten Free Bun		Tofutti
	PM	Standard	Whole Wheat Vanilla Snaps / Vanilla Yogurt	Gluten / Wheat / Soy / Dairy / Citrus		Coconut Yogurt	Gluten Free Vanilla Wafer		Coconut Yogurt
		Plus	Whole Wheat Vanilla Snaps / Vanilla Yogurt / Mango Puree	Gluten / Wheat / Soy / Dairy / Citrus / Mango		Coconut Yogurt	Gluten Free Vanilla Wafer		Coconut Yogurt
Wednesday	AM	Standard	Special K / Milk	Gluten / Wheat / Rice / Corn / Barley / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Special K / Milk / Fresh Fruit	Gluten / Wheat / Rice / Corn / Barley / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Grain Pita / Sesame-Free Hummus	Gluten / Wheat / Legume / Chickpea			Corn Tortilla		
		Plus	**PS/SA:** Whole Grain Pita / Sesame-Free Hummus / Cucumber Slices	Gluten / Wheat / Legume / Chickpea / Cucumber			Corn Tortilla		
		Plus	**IT:** Whole Grain Pita / Sesame-Free Hummus / Peeled Cucumber Slices	Gluten / Wheat / Legume / Chickpea / Cucumber			Corn Tortilla		
Thursday	AM	Standard	Whole Wheat Carrot Muffin	Gluten / Wheat / Carrot / Apple / Flaxseed			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Carrot Muffin / Fresh Fruit	Gluten / Wheat / Carrot / Apple / Flaxseed			Gluten Free Carrot Muffin		
	PM	Standard	Whole Wheat Mini Crackers / Fresh Fruit	Gluten / Wheat / Soy / Dairy		Carr Crackers	Rice Cake		Carr Crackers
		Plus	Whole Wheat Mini Crackers / Fresh Fruit / White Bean Dip	Gluten / Wheat / Soy / Dairy / Legume / Citrus		Carr Crackers	Rice Cake		Carr Crackers
Friday	AM	Standard	Peach Yogurt / Waffle Crisp	Dairy / Citrus / Peach / Gluten / Wheat / Egg / Soy		Coconut Yogurt	Rice Cereal Topping	Rice Cereal Topping	Coconut Yogurt
		Plus	Peach Yogurt / Waffle Crisp / Fresh Fruit	Dairy / Citrus / Peach / Gluten / Wheat / Egg / Soy		Coconut Yogurt	Rice Cereal Topping	Rice Cereal Topping	Coconut Yogurt
	PM	Standard	**PS/SA:** Organic Mixed Berry Granola Minis / Edamame	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Soy					
		Standard	**IT:** Whole Grain Mixed Berry Granola Bar / Edamame	GF Oats / Rice / Currants / Apple / Berries / Beet / Soy					
		Plus	**PS/SA**: Mixed Berry Granola Minis / Edamame / Fresh Fruit	GF Oats / Raisins / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Soy					
		Plus	**IT:** Mixed Berry Granola Bar / Edamame / Fresh Fruit	GF Oats / Rice / Currants / Apple / Berries / Beet / Soy					

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WHOLESOME KIDS CATERING

ALLERGEN GUIDE - Week 3

Fall / Winter 2026-2027

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	Rice Krispies / Milk	Gluten / Rice / Barley / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Rice Krispies / Milk / Fresh Fruit	Gluten / Rice / Barley / Dairy		No Milk	Chex Cereal		No Milk
	PM	Standard	Whole Grain Oatmeal Cookie / Unsweetened Applesauce	Gluten / Wheat / Oats / Apple / Flaxseed / Rice			Gluten Free Oatmeal Cookie		
		Plus	Whole Grain Oatmeal Cookie / Unsweetened Applesauce / Edamame	Gluten / Wheat / Oats / Apple / Flaxseed / Rice / Soy			Gluten Free Oatmeal Cookie		
Tuesday	AM	Standard	Whole Wheat Lemon Cranberry Loaf	Gluten / Wheat / Flaxseed / Apple / Berries / Citrus			Gluten Free Vanilla Wafer		
		Plus	Whole Wheat Lemon Cranberry Loaf / Fresh Fruit	Gluten / Wheat / Flaxseed / Apple / Berries / Citrus			Gluten Free Vanilla Wafer		
	PM	Standard	**PS/SA:** Baby Carrots / Roasted Red Pepper Bean Dip	Carrot / Legume / Citrus / Pepper					
		Standard	**IT:** Blanched Baby Carrots / Roasted Red Pepper Bean Dip	Carrot / Legume / Citrus / Pepper					
		Plus	**PS/SA:** Baby Carrots / Roasted Red Pepper Bean Dip / Rice Cake	Carrot / Legume / Citrus / Pepper / Rice					
		Plus	**IT:** Blanched Baby Carrots / Roasted Red Pepper Bean Dip / Rice Cake	Carrot / Legume / Citrus / Pepper / Rice					
Wednesday	AM	Standard	Corn Flakes / Milk	Corn / Barley / Gluten		No Milk	Chex Cereal		No Milk
		Plus	Corn Flakes / Milk / Fresh Fruit	Corn / Barley / Gluten		No Milk	Chex Cereal		No Milk
	PM	Standard	Banana Oatmeal Bar / Fresh Fruit	Gluten / Wheat / Oats / Rice / Barley / Banana / Soy			Gluten Free Vanilla Wafer		
		Plus	Banana Oatmeal Bar / Fresh Fruit / Cheese Curds	Gluten / Wheat / Oats / Rice / Barley / Banana / Dairy / Soy		Vegan Cheese Slice	Gluten Free Vanilla Wafer		Vegan Cheese Slice
Thursday	AM	Standard	Multigrain Morning Round / Strawberry Jam	Gluten / Wheat / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins / Berries / Amaranth			Gluten Free Bread		
		Plus	Multigrain Morning Round / Strawberry Jam / Fresh Fruit	Gluten / Wheat / Flaxseed / Millet / Barley / Sunflower / Oats / Apple / Raisins / Berries / Amaranth			Gluten Free Bread		
	PM	Standard	**PS/SA:** Whole Wheat Mini Naan Dippers / Cucumber Slices	Gluten / Wheat / Cucumber			Corn Crackers		
		Standard	**IT:** Whole Wheat Mini Naan Dippers / Peeled Cucumber Slices	Gluten / Wheat / Cucumber			Corn Crackers		
		Plus	**PS/SA**: Whole Wheat Mini Naan Dippers / Cucumber Slices / Greek Yogurt Spinach Dip	Gluten / Wheat / Cucumber / Dairy / Spinach		Dairy Free Spinach Dip	Corn Crackers		Dairy Free Spinach Dip
		Plus	**IT**: Whole Wheat Mini Naan Dippers / Peeled Cucumber Slices / Greek Yogurt Spinach Dip	Gluten / Wheat / Cucumber / Dairy / Spinach		Dairy Free Spinach Dip	Corn Crackers		Dairy Free Spinach Dip
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	Gluten / Wheat / Zucchini / Cocoa / Flaxseed			Gluten Free Carrot Muffin		
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	Gluten / Wheat / Zucchini / Cocoa / Flaxseed			Gluten Free Carrot Muffin		
	PM	Standard	Pretzel Bun / Cheese Slice	Gluten / Wheat / Barley / Dairy		Vegan Cheese Slice	Gluten Free Bun		Vegan Cheese Slice
		Plus	Pretzel Bun / Cheese Slice / Grape Tomatoes	Gluten / Wheat / Barley / Dairy / Tomato		Vegan Cheese Slice	Gluten Free Bun		Vegan Cheese Slice

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ALLERGEN GUIDE - Week 4

Fall / Winter 2026-2027

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	Special K / Milk	Gluten / Wheat / Rice / Corn / Barley / Dairy		No Milk	Chex Cereal		No Milk
		Plus	Special K / Milk / Fresh Fruit	Gluten / Wheat / Rice / Corn / Barley / Dairy		No MIlk	Chex Cereal		No Milk
	PM	Standard	Whole Grain Apple Granola Bar / Unsweetened Applesauce	GF Oats / Rice / Apple					
		Plus	Whole Grain Apple Granola Bar / Unsweetened Applesauce / Edamame	GF Oats / Rice / Apple / Soy					
Tuesday	AM	Standard	**PS/SA:** Vanilla Yogurt / Whole Grain Granola	Dairy / Citrus / Oats / Gluten		Coconut Yogurt	Chex Cereal Topping		Coconut Yogurt
		Standard	**IT**: Vanilla Yogurt / Cereal Topping	Dairy / Citrus / Rice		Coconut Yogurt			Coconut Yogurt
		Plus	**PS/SA:** Vanilla Yogurt / Granola / Fresh Fruit	Dairy / Citrus / Oats / Gluten		Coconut Yogurt	Chex Cereal Topping		Coconut Yogurt
		Plus	**IT**: Vanilla Yogurt / Cereal Topping / Fresh Fruit	Dairy / Citrus / Rice		Coconut Yogurt			Coconut Yogurt
	PM	Standard	Whole Wheat Veggie Crackers / Guacamole	Gluten / Wheat / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy / Soy / Avocado / Citrus		Carr Crackers	Rice Cake		Carr Crackers
		Plus	Whole Wheat Veggie Crackers / Guacamole / Marinated Chickpea Salad	Gluten / Wheat / Carrot / Celery / Tomato / Pepper / Broccoli / Spinach / Dairy / Soy / Avocado / Citrus / Chickpea / Legume		Carr Crackers	Rice Cake		Carr Crackers
Wednesday	AM	Standard	Apple Cinnamon Morning Round	Gluten / Wheat / Apple / Raisins			Gluten Free Bread		
		Plus	Apple Cinnamon Morning Round / Fresh Fruit	Gluten / Wheat / Apple / Raisins			Gluten Free Bread		
	PM	Standard	**PS/SA:** Baby Carrots / White Bean Dip	Carrot / Legume / Citrus					
		Standard	**IT:** Blanched Baby Carrots / White Bean Dip	Carrot / Legume / Citrus					
		Plus	**PS/SA:** Baby Carrots / White Bean Dip / Corn Crackers	Carrot / Legume / Citrus / Corn					
		Plus	**IT:** Blanched Baby Carrots / White Bean Dip / Corn Crackers	Carrot / Legume / Citrus / Corn					
Thursday	AM	Standard	Whole Wheat Carrot Zucchini Loaf	Gluten / Wheat / Carrot / Zucchini / Apple / Flaxseed			Gluten Free Oatmeal Cookie		
		Plus	Whole Wheat Carrot Zucchini Loaf / Fresh Fruit	Gluten / Wheat / Carrot / Zucchini / Apple / Flaxseed			Gluten Free Oatmeal Cookie		
	PM	Standard	Whole Wheat Banana Muffin / Hard Boiled Egg	Gluten / Wheat / Banana / Apple / Citrus / Egg			Gluten Free Carrot Muffin	Cheese Curds	Vegan Cheese Slice
		Plus	Whole Wheat Banana Muffin / Hard Boiled Egg / Fresh Fruit	Gluten / Wheat / Banana / Apple / Citrus / Egg			Gluten Free Carrot Muffin	Cheese Curds	Vegan Cheese Slice
Friday	AM	Standard	Multigrain Cheerios / Milk	Oats / Rice / Corn / Sorghum / Millet / Dairy		No Milk			No Milk
		Plus	Multigrain Cheerios / Milk / Fresh Fruit	Oats / Rice / Corn / Sorghum / Millet / Dairy		No Milk			No Milk
	PM	Standard	Javaneh Slice / Cheese Slice	Gluten / Wheat / Dairy		Vegan Cheese Slice	Gluten Free Roll		Vegan Cheese Slice
		Plus	Javaneh Slice / Cheese Slice / Grape Tomatoes	Gluten / Wheat / Dairy / Tomato		Vegan Cheese Slice	Gluten Free Roll		Vegan Cheese Slice

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