



ALLERGEN GUIDE - Week 1

Fall / Winter 2021 - 2022

Healthy Balance Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Tangy Orange Chicken Drumstick	Chicken / Citrus				Vegetarian (Soy) Orange Chick'n	Vegetarian (Soy) Orange Chick'n	Halal Orange Chicken
	Whole Grain Pasta	Wheat		Rice Pasta				
	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	Green Bean / Peas / Carrot / Corn						
PM	Organic Mini Ginger Snaps	Wheat / Spelt / Barley		GF Cookie				
AM	Cinnamon Raisin Bagel	Wheat / Barley / Grape / Raisins		Rice Bread				
Tuesday	Cheddar Cheese Omelet	Dairy / Egg	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Bread	Wheat		Rice Bread				
	Diced Carrots	Carrot						
PM	Organic Apple Oatmeal Cookie	Wheat / Apple / Oats		GF Cookies				
AM	Banana Oatmeal Bar	Banana / Wheat / Barley / Oats / Rice		GF Cookies				
Wednesday	Beef Burger	Beef / Soy / Wheat		GF Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Whole Grain Bun	Wheat		Rice Bun				
	Broccoli	Broccoli						
PM	Cheddar Cheese Sandwich on Whole Wheat Bread	Dairy / Soy / Wheat	Chicken Slice	Cheese on Rice Bread		Vegan (Soy) Slice on Whole Wheat Bread		
AM	Organic Whole Wheat Blueberry Muffin	Wheat / Apple / Berries / Citrus		GF Muffin				
Thursday	Turkey Alphabet Soup	Turkey / Carrots / Celery / Wheat		GF Turkey Alphabet Soup		Legume Alphabet Soup	Legume Alphabet Soup	Halal Chicken Alphabet Soup
	Roll	Wheat		GF Bun				
	Baby Carrots	Carrot						
PM	Whole Wheat Lemon Cranberry Loaf	Wheat / Flaxseed / Apple / Citrus / Berries		Rice Bread				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Friday	Fish Sticks	Fish / Wheat / Soy		Plain Fish Fillet		Vegetarian (Soy) Chick'n Tenders		
	Rice	Rice		Corn Taco				
	Green Beans	Green Bean						
PM	Wheat Crackers / Cheese Cubes	Wheat / Barley / Dairy	Egg	Corn Crackers		Tofutti Cream Cheese		

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Eat Grow Thrive

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AM	Whole Grain Life Cereal / Milk	Wheat / Oats / Dairy		Chex Cereal				
Monday	Sweet and Sour Tofu and Vegetables	Soy / Carrots / Broccoli / Green Beans / Tomato / Tamarind						
	Brown Rice	Rice						
PM	Focaccia Bread / Hummus	Wheat / Chickpea / Citrus		Rice Bread				
AM	Organic Apple Granola Minis	GF Oats / Apple / Raisin / Rice / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
Tuesday	Turkey Burger	Turkey / Potato				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
	Whole Wheat Bun	Wheat		Rice Bun				
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	Green Beans / Peas / Carrots / Corn						
PM	Organic Splelt Mini Lemon Snaps	Citrus / Poppy / Spelt / Barley		GF Cookies				
AM	Strawberry Yogurt / Whole Grain Pumpkin Seed Granola	Dairy / Berries / Citrus / Oats / Pumpkin Seed	Yoso Yogurt	GF Cookie		Yoso Yogurt		
Wednesday	White Fish Pasta	Fish / Tomato / Dairy / Wheat	Fish Pasta No Cheese	GF Fish Pasta		Bean Pasta		
	Green Beans	Green Bean						
PM	Rice Cake	Rice						
AM	Organic Whole Wheat Chunky Apple Muffin	Wheat / Apple / Flaxseed		GF Muffin				
Thursday	Butternut Squash and Lentil Soup	Squash / Lentils / Potato / Carrot / Celery						
	Artisan Roll	Wheat		Rice Bread				
	Cucumber	Cucumber						
PM	Banana Oat Chunk	Wheat / Oats / Banana / Dates		GF Cookie				
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Breaded White Meat Chicken Pieces	Chicken / Wheat / Soy				Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
	Brown Rice	Rice						
	Plum Sauce	Apricot / Pumpkin / Plum						
	Leafy Green Salad / Italian Dressing	Spinach / Carrot / Cabbage / Lettuce / Pepper / Citrus						
PM	Spice Snaps	Wheat		GF Cookie				

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ALLERGEN GUIDE - Week 3

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Healthy Balance Menu

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AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Chicken Stroganoff	Chicken / Dairy / Wheat / Mushrooms	Chicken Stroganoff/Brown Sauce	Rice Pasta		Bean Stroganoff	Bean Stroganoff	Halal Chicken Stroganoff
	Whole Grain Pasta	Wheat		Rice Pasta				
	Vegetable Medley (Green Beans / Peas / Carrots / Corn)	Green Bean / Peas / Carrot / Corn						
PM	Whole Wheat Oatmeal Raisin Cookie / Baby Carrots	Wheat / Oat / Raisins / Apple / Rice / Flaxseed / Carrots		GF Cookies				
AM	Banana Oatmeal Bar	Banana / Wheat / Barley / Oats / Rice		GF Muffin				
Tuesday	Turkey Meatballs in Tomato Sauce	Turkey / Soy / Wheat / Tomato		Turkey Burger		Vegetarian (Soy) Meatballs	Vegetarian (Soy) Meatballs	Vegetarian (Soy) Meatballs
	Whole Wheat Bun	Wheat		Rice Bun				
	Green Beans	Green Bean						
PM	Whole Wheat Pita Pocket / Hardboiled Egg	Oats / Wheat / Egg		Rice Bread	Cheese Curd	Hummus		
AM	Blueberry Clusters	Berries / Oats / Rice/ Flaxseed / Currants / Coconut		GF Cookie				
Wednesday	Lentil and Bean Sloppy Joe	Lentils / Red Kidney Bean / Tomato / Pepper / Carrot / Celery						
	Whole Wheat Bun	Wheat		Rice Bun				
	Sunshine Mixed Vegetables (Carrots, Green Beans)	Carrot / Green Bean						
PM	Whole Wheat Pumpkin Loaf / Cucumber	Wheat / Pumpkin / Apple / Flaxseed / Cucumber		GF Muffin				
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Thursday	Scrambled Egg	Dairy / Egg	Chicken Cutlet		Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Tortilla	Wheat		Corn Taco				
	Shredded Cheese / Shredded Lettuce	Dairy / Lettuce	No Cheese			No Cheese		
	Green Peas	Green Peas						
PM	Organic Strawberry Granola Bar	Berries / GF Oat / Apple / Cherries / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Rice						
AM	Organic Whole Wheat Banana Muffin	Wheat / Apple / Banana		GF Muffin				
Friday	Teriyaki Fish Filet	Fish / Wheat / Soy		Plain Fish		Vegetarian (Soy) Teriyaki Chick'n		
	Leafy Greens / Balsamic Dressing	Spinach / Carrot / Cabbage / Lettuce / Fig / Mustard						
	Rice	Rice						
PM	Wheat Crackers / Bruschetta	Wheat / Barley / Tomato / Fig / Mustard		Corn Crackers				

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ALLERGEN GUIDE - Week 4

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AM	Whole Grain Life Cereal / Milk	Wheat / Oats / Dairy		Chex Cereal				
Monday	Lemon Chicken Drumstick	Chicken / Citrus				Lemon Vegetarian (Soy) Chick'n	Lemon Vegetarian (Soy) Chick'n	Halal Lemon Chicken Drumstick
	Brown Rice	Rice						
	Turnip and Carrots	Turnip / Carrot						
PM	Rice Cake / Baby Carrots	Rice / Carrot						
AM	Peach Yogurt / Whole Grain Pumpkin Seed Granola	Dairy / Peach / Citrus / Oats / Pumpkin Seed	Yoso Yogurt	GF Muffin		Yoso Yogurt		
Tuesday	Beef Chili	Beef / Tomato / Kidney Beans / Pinto Beans				Beefstyle Chili	Beefstyle Chili	Hala Beef Chili
	Green Beans	Green Bean						
	Naan Bread	Wheat		Rice Bread				
PM	Whole Wheat Oatmeal Banana Cookie	Wheat / Banana / Oats		GF Cookie				
AM	Whole Grain Mini Bagel	Wheat / Flaxseed / Rice		Rice Bread				
Wednesday	Coconut Chickpea Curry	Coconut / Chickpea / Carrot / Celery / Kale Citrus						
	Sunshine Mixed Vegetables (Carrots, Green Beans)	Carrot / Green Bean		Rice Bun				
	Rice	Rice						
PM	Social Tea Biscuits	Wheat / Dairy	DF Social Tea	GF Cookie		DF Social Tea		
AM	Organic Whole Wheat Orange Cranberry Muffin	Wheat / Citrus / Berries / Apple / Flaxseed		GF Muffin				
Thursday	Egg and Cheese Casserole	Dairy / Egg / Soy / Wheat	Chicken Cutlet	Scrambled Eggs	Chicken Cutlet	Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Bread	Wheat		Rice Bread				
	Leafy Greens / French Dressing	Spinach / Carrot / Cabbage / Lettuce / Mustard						
PM	Whole Grain Cereal Mix	Wheat / Oat / Barley / Rice / Sorghum / Corn / Millet		Chex Cereal				
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Fish Sticks	Fish / Wheat / Soy		Plain Fish Fillet		Vegetarian (Soy) Chick'n Tenders		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Peas and Corn	Peas / Corn						
PM	Pita Pocket / Hardboiled Egg	Oats / Wheat / Egg		Rice Bread	Cheese Curd	Hummus		

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