



**ALLERGEN GUIDE - Week 1**  
**Spring / Summer 2023**

**School Age Snack Program Menu**

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Spice Snap Biscuits / Vanilla Yogurt	Wheat / Dairy / Citrus	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Tuesday	AM	Whole Wheat Mini Bagel / Apple Butter / Applesauce	Wheat / Flaxseed / Rice / Apple		Rice Bread				
	PM	Whole Wheat Breadsticks / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Wednesday	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Grain Digestive Cookies	Wheat / Oat		Gluten Free Oatmeal Cookie				
Thursday	AM	Banana Oatmeal Bar	Oat / Wheat / Banana / Rice / Barley		Gluten Free Carrot Muffin				
	PM	Whole Wheat Pita Pocket / Hummus / Cucumber Slices	Wheat / Chickpea / Cucumber		Rice Bread				
Friday	AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
	PM	Coconut Chia Snaps	Wheat / Barley / Coconut / Chia / Citrus		Gluten Free Cookies				

Effective April 17, 2023  
 Last Revised May 26, 2023

If Space is Blank no replacement is required

**Eat Grow Thrive**



## ALLERGEN GUIDE - Week 2

Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Banana Oatmeal Cookie / Baby Carrots	Oat / Banana / Wheat / Carrot		Gluten Free Oatmeal Cookie				
Tuesday	AM	Whole Wheat Cinnamon Raisin Bagel / Apple Butter	Wheat / Raisin / Apple		Rice Bread				
	PM	Whole Wheat Melba Toast / Cheese Curds	Wheat / Dairy	Hummus	Gluten Free Corn Cracker		Hummus		
Wednesday	AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oat	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Banana Oatmeal Bar	Oat / Wheat / Banana / Rice / Barley		Strawberry Granola Bar				
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Banana Loaf / Applesauce	Wheat / Banana / Apple		Gluten Free Oatmeal Cookie				
Friday	AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin				
	PM	Vanilla Yogurt	Dairy / Citrus	Coconut Yogurt			Coconut Yogurt		

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**ALLERGEN GUIDE - Week 3**  
**Spring / Summer 2023**

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		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Organic Spelt Ginger Snaps	Spelt / Barley		Gluten Free Oatmeal Cookie				
Tuesday	AM	Oatmeal Cookie / Applesauce	Oat / Wheat / Flaxseed / Apple / Rice		Gluten Free Oatmeal Cookie				
	PM	Whole Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy	Hummus	Gluten Free Corn Crackers		Hummus		
Wednesday	AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Cinnamon Scone / Baby Carrots	Wheat / Soy / Rice / Carrot		Rice Bread / Raspberry Jam				
Thursday	AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Carrot Muffin				
	PM	Whole Wheat Mini Pita / Cheddar Cheese Slice	Wheat / Dairy	Carvery Chicken	Rice Bread		Hummus		
Friday	AM	Whole Wheat Banana Oat Bite	Oat / Wheat / Banana / Date		Mixed Berry Granola Minis				
	PM	Whole Wheat Apple Cinnamon Loaf / Cucumber Slices	Apple / Wheat / Flaxseed / Cucumber		Rice Bread / Apple Butter				

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## ALLERGEN GUIDE - Week 4

Spring / Summer 2023

School Age Snack Program Menu

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	AM	Multigrain Cheerios Cereal / Milk	Oat / Corn / Rice / Sorghum / Millet / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Organic Mixed Berry Granola Minis / Baby Carrots	GF Oat / Raisin / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
Tuesday	AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oat	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
	PM	Spice Snap Biscuits	Wheat		Gluten Free Oatmeal Cookie				
Wednesday	AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Whole Wheat Bread	Rice Bread	Whole Wheat Bread	Whole Wheat Bread		
	PM	Oatmeal Cranberry Cookie / Grape Tomatoes	Oat / Wheat / Berries / Flaxseed / Apple / Rice / Tomato		Gluten Free Oatmeal Cookie				
Thursday	AM	Corn Flakes Cereal / Milk	Corn / Barley / Dairy	No Milk	Chex Cereal		No Milk		
	PM	Whole Wheat Wrap / Cheese Curds	Wheat / Rice / Dairy	Hardboiled Egg	Corn Taco		Hummus		
Friday	AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Carrot Muffin				
	PM	Whole Wheat Mini Pita / Vanilla Yogurt / Cucumber Slices	Wheat / Dairy / Citrus / Cucumber	Coconut Yogurt	Rice Bread		Coconut Yogurt		

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