



ALLERGEN GUIDE - Week 1

Spring / Summer 2024

Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Sunrise Vegetables	Green Bean / Carrot						
	B	Chicken Alfredo	Chicken / Dairy	Tomato Chicken			Tomato Vegetarian (Soy) Chick'n	Vegetarian (Soy) Chick'n Alfredo	Halal Chicken Alfredo
		Pasta	Wheat		Rice Pasta				
	Sunrise Vegetables	Green Bean / Carrot							
Tuesday	A	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Brown Rice	Rice						
		Plum Sauce	Plum / Pumpkin / Citrus						
		Corn	Corn						
	B	Turkey Alphabet Soup	Turkey / Carrot / Celery / Wheat / Soy		Gluten Free Turkey Noodle Soup		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
		Whole Wheat Bread	Wheat		Rice Bread				
	Baby Carrots	Carrot							
Wednesday	A	Cheddar Cheese Omelet	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Mini Bagel	Wheat / Flaxseed / Rice		Rice Bun				
		Green Peas	Green Pea						
	B	Tomato Halal Beef Mac and Cheese	Wheat / Beef (Halal) / Dairy / Tomato	Tomato Halal Beef Mac	Gluten Free Tomato Halal Beef Mac		Tomato Beef Style (Soy) Mac	Tomato Beef Style (Soy) Mac and Cheese	
	Green Peas	Green Pea							
Thursday	A	Apricot Halal Chicken Drumstick	Chicken (Halal) / Apricot / Apple / Pear / Potato				Apricot Chickpeas	Apricot Chickpeas	
		Whole Grain Pasta	Wheat		Gluten Free Pasta				
		Green Beans	Green Bean						
	B	Creamy Turkey and Bean Chili	Turkey / White Bean / Dairy / Corn / Carrot / Celery / Soy	Turkey and Bean Chili in Gravy			Bean Chili in Gravy	Creamy Bean Chili	Creamy Halal Chicken Chili
		Cornbread	Wheat / Egg / Corn / Dairy	Ciabatta Bread	Rice Bread	Ciabatta Bread	Ciabatta Bread		
	Green Beans	Green Bean							
Friday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Brown Rice	Rice						
		Carrots and Turnips	Carrot / Turnip						
	B	Sweet and Sour Halal Beef Strips	Beef (Halal) / Tomato / Tamarind				Sweet and Sour Beef Style (Soy)	Sweet and Sour Beef Style (Soy)	
		Brown Rice	Rice						
	Carrots and Turnips	Carrot / Turnip							

Effective April 15, 2024
Last Revised April 12, 2024

If Space is Blank no replacement is required

Eat Grow Thrive



ALLERGEN GUIDE - Week 2

Spring / Summer 2024

Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Beef Meatballs in Gravy	Beef / Dairy / Soy / Wheat	Beef Burger	Gluten Free Beef Burger		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
		Brown Rice	Rice						
		Diced Carrots	Carrot						
	B	Hearty Chicken Pot Pie Soup	Chicken / Dairy / Wheat / Carrot / Celery / Green Pea	Hearty Chicken Pasta Soup	Gluten Free Hearty Chicken Pot Pie Soup		Hearty White Bean Pasta Soup	Hearty White Bean Pot Pie Soup	Hearty Halal Chicken Pot Pie Soup
		Whole Wheat Dinner Roll	Wheat						
	Baby Carrots	Carrot							
Tuesday	A	Butter Chicken	Chicken / Potato / Dairy / Tomato / Citrus	Chicken in Tomato Sauce			Red Lentil Curry	Red Lentil Curry	Halal Butter Chicken
		Naan Bread	Wheat		Rice Bread				
		Green Beans	Green Bean						
	B	Scrambled Eggs	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Roasted Potatoes	Potato						
		Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
		Whole Wheat Bread	Wheat		Rice Bread				
Wednesday	A	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
		Hamburger Bun	Wheat		Rice Bun				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Corn	Corn						
	B	Mexican Halal Beef Tacos	Beef (Halal) / Tomato / Pepper				Mexican Beef Style (Soy) Tacos	Mexican Beef Style (Soy) Tacos	
		Whole Wheat Wrap	Rice / Wheat		Corn Taco				
	Pico de Gallo	Tomato / Citrus							
Thursday	A	Hidden Bean Lasagna	Wheat / Beans / Tomato / Dairy	Hidden Bean Lasagna No Cheese	Gluten Free Hidden Bean Lasagna		Hidden Bean Lasagna No Cheese		
		Carrots and Turnips	Carrot / Turnip						
	B	Lemon Halal Chicken Drumstick	Chicken (Halal) / Citrus				Lemon Chickpeas	Lemon Chickpeas	
		Whole Wheat Pita Pocket	Wheat / Oats		Rice Bread				
	Carrots and Turnips	Carrot / Turnip							
Friday	A	Breaded Fish	Fish / Wheat		Plain Fish		Vegetarian (Soy) Burger		
		Hamburger Bun	Wheat		Rice Bun				
		Peas and Corn	Green Pea / Corn						
	B	Italian Ground Turkey with Pasta	Wheat / Squash / Zucchini / Tomato / Turkey		Gluten Free Italian Ground Beef Pasta		Italian Pea Crumble with Pasta	Italian Pea Crumble with Pasta	Italian Halal Ground Beef with Pasta
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							

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	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal	
Monday	A	Swedish Turkey Meatballs	Turkey / Soy / Wheat / Dairy	Turkey Meatballs in Gravy	Turkey Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Swedish Vegetarian (Soy) Meatballs	
		Whole Grain Pasta	Wheat		Rice Pasta				
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
	B	Halal Ground Beef Sloppy Joe	Beef (Halal) / Pepper / Mustard / Tomato				Lentil Sloppy Joe	Lentil Sloppy Joe	
		Hamburger Bun	Wheat		Rice Bun				
		White Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn							
Tuesday	A	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Whole Wheat Wrap	Rice / Wheat		Corn Taco				
		Broccoli	Broccoli						
	B	Chicken Tikka Stew	Chicken / Dairy / Tomato / Citrus / Celery / Carrot	Chicken in Tomato Sauce			Chickpeas in Tomato Sauce	Chickpea Tikka Stew	Halal Chicken Tikka Stew
		Whole Wheat Naan	Wheat		Rice Bread				
	Broccoli	Broccoli							
Wednesday	A	BBQ Halal Chicken Drumstick	Chicken (Halal) / Tomato / Tamarind				Cauliflower Bites	Cauliflower Bites	
		Brown Rice	Rice						
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
	B	Halal Beef Bolognese Pasta	Wheat / Beef (Halal) / Tomato		Gluten Free Halal Beef Bolognese Pasta		Pea Crumble Bolognese Pasta	Pea Crumble Bolognese Pasta	
Leafy Greens / Balsamic Dressing		Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard							
Thursday	A	Ground Turkey Taco	Turkey / Tomato / Pepper				Beef Style (Soy) Tacos	Beef Style (Soy) Tacos	
		Whole Wheat Wrap	Rice / Wheat		Corn Taco				
		Shredded Cheddar Cheese	Dairy	No Cheese			No Cheese		
		Corn	Corn						
	B	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat English Muffin	Wheat		Rice Bread				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
	Corn	Corn							
Friday	A	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce		
		Black Bean and Corn Salad	Black Bean / Corn / Tomato / Citrus						
		Diced Carrots	Carrot						
	B	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Hamburger Bun	Wheat		Rice Bun				
	Diced Carrots	Carrot							



ALLERGEN GUIDE - Week 4
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Healthy Balance Menu
Healthy Choices Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal		
Monday	A	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces	
		Brown Rice	Rice							
		Plum Sauce	Plum / Pumpkin / Citrus							
		Green Beans	Green Bean							
Monday	B	Turkey Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Beef Style (Soy) Lasagna	Beef Style (Soy) Lasagna	Halal Beef Lasagna	
		Green Beans	Green Bean							
Tuesday	A	Egg Square	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty			
		Whole Wheat Texas Toast	Wheat		Rice Bread					
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice			
		Diced Carrots	Carrot							
	Tuesday	B	Mini Beef Meatball Soup	Beef / Wheat / Soy / Sunflower / Carrot / Spinach		Gluten Free Halal Ground Beef Soup		White Kidney Bean Soup	White Kidney Bean Soup	Halal Ground Beef Soup
			Whole Wheat Dinner Roll	Wheat		Rice Bread				
		Baby Carrots	Carrot							
Wednesday	A	Herbed Halal Chicken Drumstick	Chicken (Halal)				Herbed Chick'n (Soy)	Herbed Chick'n (Soy)		
		Brown Rice	Rice							
		Peas and Corn	Green Pea / Corn							
	Wednesday	B	BBQ Diced Turkey	Turkey / Tomato				BBQ Chick'n (Soy)	BBQ Chick'n (Soy)	Halal BBQ Diced Chicken
			Brown Rice	Rice						
		Peas and Corn	Green Pea / Corn							
Thursday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger	
		Hamburger Bun	Wheat		Rice Bun					
		Carrots and Turnips	Carrot / Turnip							
	Thursday	B	Whitefish Bowtie Pasta in Rose Sauce	Wheat / Tomato / Dairy / Fish	Whitefish Bowtie Pasta in Tomato Sauce	Gluten Free Whitefish Bowtie Pasta in Rose Sauce		Lentil Bowtie Pasta in Rose Sauce		
Carrots and Turnips			Carrot / Turnip							
Friday	A	Meatless (Pea Protein) Bolognese with Whole Grain Pasta	Legume / Tomato / Wheat		Gluten Free Meatless (Pea Protein) Bolognese Pasta					
		Leafy Greens / Raspberry Dressing	Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy							
	Friday	B	Balsamic Halal Chicken Drumstick	Chicken (Halal) / Grape				Balsamic Chickpeas	Balsamic Chickpeas	
			Whole Grain Pasta	Wheat		Rice Pasta				
		Leafy Greens / Raspberry Dressing	Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy							

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