



ALLERGEN GUIDE - Week 1
Fall / Winter 2024-2025

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						
		California Mix	Broccoli / Carrot / Cauliflower						
Monday	B	Beef Lasagna	Beef / Tomato / Dairy / Wheat	Beef Lasagna No Cheese	Gluten Free Beef Lasagna		Beef Style (Soy) Lasagna	Beef Style (Soy) Lasagna	Halal Beef Lasagna
		California Mix	Broccoli / Carrot / Cauliflower						
Tuesday	A	Scrambled Egg	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat Bread	Wheat		Rice Bread				
		Shredded Cheese	Dairy	No Cheese			No Cheese		
	B	Green Beans	Green Bean						
		Chicken Noodle Soup	Chicken / Wheat / Carrot / Celery		Gluten Free Chicken Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
		Whole Wheat Bread	Wheat		Rice Bread				
	Baby Carrots	Carrot							
Wednesday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Diced Carrots	Carrot						
	B	Crustless Turkey Pot Pie	Turkey / Celery / Carrot / Dairy / Corn	Crustless Turkey Pot Pie in Gravy			Crustless Vegetarian (Soy) Chick'n Pot Pie in Gravy	Crustless Vegetarian (Soy) Chick'n Pot Pie	Crustless Halal Chicken Pot Pie
		Mashed Potatoes	Potato						
		Noor Roll	Wheat		Rice Bread				
	Diced Carrots	Carrot							
Thursday	A	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 Tomato Sauce		
		Peas and Corn	Green Pea / Corn						
	B	Mild Cajun Chicken Drumstick	Chicken				Cajun Chickpeas	Cajun Chickpeas	Cajun Halal Chicken Drumstick
		Brown Rice	Rice						
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper							
Friday	A	Turkey Meatballs in Gravy	Turkey / Soy / Wheat		Turkey Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
		Brown Rice	Rice						
		Carrots and Turnips	Carrot / Turnip						
	B	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	Beef / Tomato / Wheat / Squash / Zucchini		Gluten Free Italian Seasoned Beef with Pasta in Tomato Sauce		Italian Seasoned Beef Style (Soy) with Pasta in Tomato Sauce	Italian Seasoned Beef Style (Soy) with Pasta in Tomato Sauce	Italian Seasoned Halal Beef with Pasta in Tomato Sauce
		Carrots and Turnips	Carrot / Turnip						

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ALLERGEN GUIDE - Week 2
Fall / Winter 2024-2025

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	Chicken / Soy / Wheat		Diced Chicken in Gravy		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Brown Rice	Rice						
		Diced Carrots	Carrot						
	B	Whitefish Mac & Cheese	Wheat / Fish / Dairy	Whitefish Tomato Mac	Gluten Free Whitefish Mac & Cheese		Lentil Tomato Mac		
Diced Carrots		Carrot							
Tuesday	A	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Cheese Slice	Dairy	Vegan Cheese Slice		Vegan Cheese Slice			
		English Muffin	Wheat		Rice Bread				
		Green and Yellow Beans	Green Bean						
	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 and Yellow Beans	Green Bean						
Wednesday	A	Ground Beef Bolognese Whole Grain Pasta	Wheat / Beef / Tomato		Gluten Free Ground Beef Bolognese Pasta		Pea Crumble Bolognese Whole Grain Pasta	Pea Crumble Bolognese Whole Grain Pasta	Halal Beef Bolognese Whole Grain Pasta
		Peas and Corn	Green Pea / Corn						
	B	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
		Ciabatta	Wheat / Barley		Rice Bun				
		Lemon Garlic Sauce	Citrus / Dairy / Rice / Mustard	No Sauce			No Sauce		
Peas and Corn	Green Pea / Corn								
Thursday	A	Roasted Apple Chicken Drumstick	Chicken / Apple				Roasted Apple Chickpeas	Roasted Apple Chickpeas	Roasted Apple Halal Chicken Drumstick
		Brown Rice	Rice						
		Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
	B	BBQ Diced Turkey	Turkey / Tomato / Tamarind				BBQ Chick'n (Soy)	BBQ Chick'n (Soy)	Halal BBQ Diced Chicken
		Rice	Rice						
Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard								
Friday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Beef Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun				
		Green Peas	Green Pea						
	B	Creamy Chicken Whole Grain Noodle Casserole	Dairy / Carrot / Pepper / Chicken / Broccoli / Wheat	Chicken Whole Grain Noodle Casserole in Gravy	Gluten Free Chicken Noodle Casserole		Bean Noodle Casserole in Tomato Sauce	Creamy Bean Whole Grain Noodle Casserole	Creamy Halal Chicken Whole Grain Noodle Casserole
Green Peas		Green Pea							

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ALLERGEN GUIDE - Week 3

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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	Beef & Tomato Cheesy Pasta	Beef / Dairy / Tomato / Wheat	Beef & Tomato Pasta	Gluten Free Beef & Tomato Cheesy Pasta		Lentil & Tomato Cheesy Pasta	Halal Beef & Tomato Cheesy Pasta
		Green Beans	Green Bean					
	B	BBQ Turkey Meatballs	Turkey / Soy / Wheat / Tomato		BBQ Turkey Burger		BBQ Vegetarian (Soy) Meatballs	BBQ Vegetarian (Soy) Meatballs
		Brown Rice	Rice					
		Green Beans	Green Bean					
Tuesday	A	Breaded Chicken Pieces	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Brown Rice	Rice					
		Plum Sauce	Plum / Pumpkin / Citrus					
		Diced Carrots	Carrot					
	B	Mini Cheese Tortellini & White Bean Soup	Egg / Dairy / Wheat / Carrot / Celery / White Kidney Bean / Soy	Pasta Bean Soup	Gluten Free Pasta Bean Soup	Pasta Bean Soup	Pasta Bean Soup	
		Whole Wheat Baguette	Wheat		Rice Bun			
	Baby Carrots	Carrot						
Wednesday	A	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun			
		California Mix	Broccoli / Carrot / Cauliflower					
	B	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce	
		Black Bean, Corn & Quinoa Salad	Black Bean / Corn / Quinoa / Citrus / Pepper					
	California Mix	Broccoli / Carrot / Cauliflower						
Thursday	A	Portugese Chicken Drumstick	Chicken / Pepper / Citrus / Tomato / Tamarind				Portugese Pinto Beans	Portugese Halal Chicken Drumstick
		Whole Grain Pasta	Wheat		Rice Pasta			
		Green Peas	Green Pea					
	B	Turkey Sloppy Joe	Turkey / Pepper / Mustard / Tomato				Beef Style (Soy) Sloppy Joe	Halal Beef Sloppy Joe
		Hamburger Bun	Wheat		Rice Bun			
		White Cheese Slice	Dairy	Vegan Cheese Slice		Vegan Cheese Slice		
	Green Peas	Green Pea						
Friday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders	
		Brown Rice	Rice					
		Diced Carrots	Carrot					
	B	Fiesta Mexican Ground Beef	Beef / Black Bean / Corn / Tomato				Fiesta Mexican Pea Crumble	Fiesta Mexican Halal Ground Beef
		Brown Rice	Rice					
	Diced Carrots	Carrot						

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ALLERGEN GUIDE - Week 4
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Healthy Balance Menu
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	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Ground Beef Bolognese Whole Grain Pasta	Wheat / Beef / Tomato		Gluten Free Ground Beef Bolognese Pasta		Pea Crumble Bolognese Whole Grain Pasta	Halal Beef Bolognese Whole Grain Pasta
		Broccoli	Broccoli					
	B	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Halal Chicken Pieces
		Hamburger Bun	Wheat		Rice Bun			
	Sweet Potatoes	Sweet Potato						
Tuesday	A	Macaroni and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Macaroni in Tomato Sauce		Macaroni in Tomato Sauce	
		Black Bean, Corn and Quinoa Salad	Black Bean / Corn / Quinoa / Citrus / Pepper					
		Green Peas	Green Pea					
	B	Turkey Meatballs in Tomato Sauce	Turkey / Soy / Wheat / Tomato		Diced Turkey in Tomato Sauce		Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce
		Submarine Bun	Wheat		Rice Bun			
		Shredded Mozzarella Cheese	Dairy	No Cheese			No Cheese	
	Green Peas	Green Pea						
Wednesday	A	Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders	
		Brown Rice	Rice					
		Vegetable Medley	Green Bean / Green Pea / Carrot / Corn					
	B	Ground Beef & Potato Stew	Beef / Carrot / Potato / Tomato / Turnip				Red Kidney Bean and Potato Stew	Halal Ground Beef and Potato Stew
		Brown Rice	Rice					
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
Thursday	A	Mini Beef Meatball Soup	Beef / Wheat / Soy / Sunflower / Carrot / Spinach		Gluten Free Ground Beef Soup		White Kidney Bean Soup	Halal Ground Beef Soup
		Whole Wheat Bread	Wheat					
		Baby Carrots	Carrot					
	B	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Halal Beef Burger
		Hamburger Bun	Wheat		Rice Bun			
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice	
	Diced Carrots	Carrot						
Friday	A	Hidden Bean Lasagna	Wheat / Bean / Tomato / Dairy	Hidden Bean Lasagna No Cheese	Gluten Free Hidden Bean Lasagna		Hidden Bean Lasagna No Cheese	
		Peas and Corn	Green Pea / Corn					
	B	Moroccan Chicken Drumstick	Chicken / Celery / Tomato / Chickpea / Zucchini / Citrus				Moroccan Chickpeas	Moroccan Halal Chicken Drumstick
		Whole Grain Pasta	Wheat		Rice Pasta			
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy						

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