# ALLERGY / SENSITIVITY GUIDE FOR SUMMER 2023 MENU

**Summer Menu (Week 1 – 7/17/23 until 10/9/23)**

**COLOR LEGEND**
- **Red** = Dairy / **Yellow** = Eggs / **Green** = Pork / **Purple** = Beef / **Blue** = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Maker Monday</th>
<th>Italian Tuesday</th>
<th>Wednesday Picnic</th>
<th>Travel Thursday</th>
<th>Family-Style Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
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<tr>
<td></td>
<td>Cinnamon Roll (Baked Milk)</td>
<td>Milk</td>
<td>Buttermilk Biscuits</td>
<td>Blueberry Pancakes (Baked Egg &amp; Baked Milk)</td>
<td>Assorted Muffins (Baked Egg &amp; Baked Milk)</td>
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<tr>
<td></td>
<td>Milk</td>
<td>Oat Milk (Contains Oats)</td>
<td>Milk</td>
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<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Virginia Baked Ham</td>
<td>Cheese Pizza Red Sauce (Tomato)</td>
<td>American Cheese Ketchup (Tomato)</td>
<td>Veggie Rice (Contains Peas)</td>
<td>Dino Nuggets (Baked Milk)</td>
</tr>
<tr>
<td></td>
<td>American Cheese</td>
<td>Red Sauce (Tomato)</td>
<td>Ketchup (Tomato)</td>
<td>Side of “Yum Yum” Sauce (Straight Egg &amp; Tomato)</td>
<td>BBQ Sauce (Tomato)</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Ranch (Straight Egg)</td>
<td>Fruit Salad (Contains Citrus)</td>
<td>Snow Peas (Contains Peas)</td>
<td>Ranch (Straight Egg)</td>
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<tr>
<td></td>
<td>Oat Milk (Contains Oats)</td>
<td>Milk</td>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Milk</td>
<td>Nilla Wafers</td>
<td>Organic Vanilla Yogurt</td>
<td>Cinnamon Rice Cakes</td>
<td>Colby-Jack or Cheddar Cheese Cubes / Cuts</td>
</tr>
<tr>
<td></td>
<td>Oat Milk (Contains Oats)</td>
<td></td>
<td>Granola (Contains Oats)</td>
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</tr>
</tbody>
</table>
**Summer Menu (Week 2 – 7/17/23 until 10/9/23)**

**COLOR LEGEND**
- Red = Dairy
- Yellow = Eggs
- Green = Pork
- Purple = Beef
- Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

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<tr>
<th>Meal Pattern</th>
<th>Maker Monday</th>
<th>Italian Tuesday</th>
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<th>Travel Thursday</th>
<th>Family-Style Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
</tr>
<tr>
<td></td>
<td>Whole Wheat Bagel (Contains Oats)</td>
<td>Blueberry Waffle (Baked Egg &amp; Baked Milk)</td>
<td>Milk</td>
<td>Milk</td>
<td>Mango “Smoothie” (Made with 1% Cow’s Milk)</td>
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<tr>
<td></td>
<td>Cream Cheese</td>
<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
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<td>Milk</td>
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<td></td>
<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Zweigle’s Beef Bologna American Cheese</td>
<td>Beef/Pork Italian Meatballs (Baked Milk)</td>
<td>Beef Burger American Cheese</td>
<td>Shredded Cheese Sour Cream</td>
<td>Tuna Noodle Casserole (Straight Egg, Tuna Fish, Mushroom)</td>
</tr>
<tr>
<td></td>
<td>Ranch (Straight Egg)</td>
<td>Red Sauce (Tomato)</td>
<td>Ketchup (Tomato)</td>
<td>Milk</td>
<td>Ranch (Straight Egg)</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Mandarin Oranges (Contains Citrus)</td>
<td>Milk</td>
<td>Oat Milk (Contains Oats)</td>
<td>Pineapple Chunks (Contains Citrus)</td>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Milk</td>
<td>Vanilla Pizelle’s (Baked Egg)</td>
<td>Marshmallow Fluff (Straight Egg Whites)</td>
<td>Queso</td>
<td>Cream Cheese</td>
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<tr>
<td></td>
<td>Oat Milk (Contains Oats)</td>
<td>Organic Vanilla Yogurt</td>
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</tbody>
</table>
**Summer Menu (Week 3 – 7/17/23 until 10/9/23)**

**COLOR LEGEND**
*Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)*

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<tr>
<th>Meal Pattern</th>
<th>Maker Monday</th>
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<th>Travel Thursday</th>
<th>Family-Style Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
</tr>
<tr>
<td></td>
<td>Cinnamon Roll (Baked Milk)</td>
<td>Milk</td>
<td>Buttermilk Biscuits</td>
<td>Blueberry Pancakes (Baked Egg &amp; Baked Milk)</td>
<td>Assorted Muffins (Baked Egg &amp; Baked Milk)</td>
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<tr>
<td></td>
<td></td>
<td>Oat Milk (Contains Oats)</td>
<td></td>
<td>Greek Vanilla Yogurt</td>
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<td>Milk</td>
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<td>Milk</td>
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<td>Milk</td>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Virginia Baked Ham</td>
<td>Cheese Pizza Red Sauce (Tomato)</td>
<td>Ketchup (Tomato)</td>
<td>Ketchup (Tomato)</td>
<td>Dino Nuggets (Baked Milk)</td>
</tr>
<tr>
<td></td>
<td>American Cheese</td>
<td>Ranch (Straight Egg)</td>
<td>Milk</td>
<td>Garlic Farfalle Pasta (Tomato)</td>
<td>BBQ Sauce (Tomato)</td>
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<td></td>
<td>Tomato Soup (Made with 1% Cow’s Milk; Tomato)</td>
<td>Mozzarella Cheese Pearls</td>
<td>Oat Milk (Contains Oats)</td>
<td>Feta Cheese (Made with 1% Cow’s Milk)</td>
<td>Rainbow Rotini (Tomato)</td>
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<tr>
<td></td>
<td></td>
<td>Milk</td>
<td></td>
<td>Milk</td>
<td>Pineapple Chunks (Contains Citrus)</td>
</tr>
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<td></td>
<td></td>
<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<td></td>
<td>Oat Milk (Contains Oats)</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Milk</td>
<td>Mozzarella String Cheese Sliced Pepperoni (Contains Pork and Beef)</td>
<td>Assorted Cereal (Multi-Grain O’s Contains Oats)</td>
<td>Naan Bread Dippers (Straight Egg &amp; Baked Milk)</td>
<td>Tzatziki Dip</td>
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<td></td>
<td>Oat Milk (Contains Oats)</td>
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### Summer Menu (Week 4 – 7/17/23 until 10/9/23)

**COLOR LEGEND**
- **Red** = Dairy
- **Yellow** = Eggs
- **Green** = Pork
- **Purple** = Beef
- **Blue** = Various Allergens (Inc. Mushroom, Citrus, Tomato, Peas, Oats, Fish/Shellfish)

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<tr>
<th>Meal Pattern</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
<td>Assorted Cold Cereal (O’s Contains Oats)</td>
<td>Granola (Contains Oats)</td>
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<tr>
<td></td>
<td>Whole Wheat Bagel (Contains Oats)</td>
<td>Belgian Waffles (Baked Egg &amp; Baked Milk)</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
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<tr>
<td></td>
<td>Cream Cheese</td>
<td>Milk</td>
<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>American or Mozzarella Cheese</td>
<td>Mac and Cheese Lasagna</td>
<td>Beef Burger</td>
<td>Shredded Cheese</td>
<td>Tuna Fish Sandwich (Straight Egg)</td>
</tr>
<tr>
<td></td>
<td>Ranch (Straight Egg)</td>
<td>Ground Beef</td>
<td>Mozzarella Cheese</td>
<td>Milk</td>
<td>Ranch (Straight Egg)</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Red Sauce (Tomato)</td>
<td>Side of Red Sauce (Tomato)</td>
<td>Oat Milk (Contains Oats)</td>
<td>Fruit Salad (Contains Citrus)</td>
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<tr>
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<td>Oat Milk (Contains Oats)</td>
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<td>Oat Milk (Contains Oats)</td>
<td>Oat Milk (Contains Oats)</td>
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<tr>
<td><strong>Snack</strong></td>
<td>Tzatziki Dip</td>
<td>Organic Vanilla Yogurt with Chocolate Syrup</td>
<td></td>
<td>Milk</td>
<td>Goldfish Crackers</td>
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<td>Oat Milk (Contains Oats)</td>
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</tbody>
</table>
All Dairy Items (Summer 2023)
(*Baked Milk Items / **Optional Dairy Item)

American Cheese **
Assorted Muffins*
Beef Burger with American Cheese**
Beef Burger with Mozzarella Cheese **
Beef/Pork Italian Meatballs *
Belgian Waffles *
Blueberry Pancakes**
Blueberry Waffle *
Butter**
Buttermilk Biscuits
Cheese Pizza
Cheese Quesadilla
Cinnamon Bread*
Cinnamon Rolls*
Cinnamon Rice Cakes*
Colby-Jack or Cheddar Cheese Cubes / Cuts
Cream Cheese **
Cucumber, Tomato and Mozzarella Salad
Dino Nuggets*
Feta Cheese**
Goldfish Crackers*
Greek Dressing **
Grilled Ham and Cheese Sandwich
Ham and Cheese Sandwich **
Holy Cannoli’s**
Honey Mustard **
Mac and Cheese Lasagna
Milk (Whole and 1%)
Mango “Smoothie”
Mozzarella Cheese Pearls
Mozzarella String Cheese
Naan Bread Dippers*
Nilla Wafers
Queso **
Ranch Dressing **
Shredded Cheese
Sour Cream
Tomato Soup
Tuna Noodle Casserole
Turkey Cheese Hot Dogs **
Turkey Wrap**
Tzatziki Dip **
Yogurt (Greek, Organic Vanilla and Chocolate, Various Berry)
All Straight Egg Items (Summer 2023)
(*Baked Egg Items / **Optional Egg Item)
Assorted Muffins*
Belgian Waffles*
Blueberry Pancakes*
Blueberry Waffle*
Honey Mustard
Marshmallow Fluff**
Naan Bread Dippers
Ranch Dressing**
Tuna Fish Sandwich
Tuna Noodle Casserole
Vanilla Pizelle’s**
“Yum Yum” Sauce**

All Pork Items (Summer 2023)
Grilled Ham and Cheese Sandwich
Ham and Cheese Sandwich
Italian Meatballs
Sliced Pepperoni

All Beef Items (Summer 2023)
Beef Burger with American Cheese
Beef Burger with Mozzarella Cheese
Italian Meatballs
Lunchables with Zweigle’s Beef Bologna
Mac and Cheese Lasagna with Ground Beef
Sliced Pepperoni

All Oat Items (Summer 2023)
(**Optional Oat Item)
Assorted Cereal (O’s & Multi-Grain O’s)**
Banana Muffin
Granola
Oat Milk**
Whole Wheat Bagel
All Citrus Items (Summer 2023)
(***Optional Citrus Item)

Fruit Salad
Mandarin Oranges
Orange Juice
Pineapple Chunks

All Mushroom Items (Summer 2023)

Tuna Noodle Casserole

All Pea Items (Summer 2023)

Snow Peas
Veggie Rice

All Tomato Items (Summer 2023)
(*Contains Little Tomato / **Optional Tomato Item)

BBQ Sauce
Beef/Pork Italian Meatballs with Red Sauce
Cheese Pizza*
Cucumber, Tomato and Mozzarella Salad*
Garlic Farfalle Pasta*
Ketchup**
Mac and Cheese Lasagna
Corn and Pasta Salad (Rainbow Rotini)*
Side of Red Sauce**
Tomato Soup
“Yum Yum” Sauce*/**

All Fish/Shellfish Items (Summer 2023)

Tuna Noodle Casserole|
Tuna Sandwiches
All Restricted Items for Vegetarian Diet (Summer 2023)

- Beef Cheeseburger
- Beef Pizza Burger
- Beef/Pork Italian Meatballs
- Bologna, Cheese and Ritz Cracker “Lunchables”
- Crescent Rolls with Turkey Sausage
- Dino Nuggets
- Grilled Ham and Cheese
- Ham and Cheese Sandwich
- Mac and Cheese Lasagna
- Sliced Pepperoni
- Tacos with Ground Turkey
- Tuna Noodle Casserole
- Tuna Salad Sandwich
- Turkey and Cheese Wraps
- Turkey Cheese Hot Dogs
- Turkey Hot Dogs
- Vegetable Rice and Chicken

All Items for Juice Restricted Diets (Summer 2023)
(**Optional Juice Item)

- 100% Kiwi Strawberry Juice
- 100% White Grape Juice
- Mango 100% Juice
- Orange Juice**

All Items for Canned Fruit/Vegetables Restricted Diets (Summer 2023)
(**Optional Canned Item)

- Baked Beans
- Black Beans**
- Mandarin Oranges
- Pears
- Peaches (Canned)
- Pineapple Chunks