

Fall Allergy Guide for Week 1 – (10/10/23 until 1/1/24)

**Optional items

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Fish/Shellfish, Citrus, Juice, Peas, and Oats)

Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Multi-Grain O's Cinnamon Rolls (Baked Milk) Cow's Milk / Oat Milk	Multi-Grain O's 100% Apple Cider (Juice) Cow's Milk / Oat Milk	Multi-Grain O's Belgian Waffles (Baked Egg and Baked Milk) Cow's Milk / Oat Milk	Multi-Grain O's Buttermilk Biscuits Cow's Milk / Oat Milk	Multi-Grain O's Apple Muffins (Baked Egg and Baked Milk) Chocolate Cow's Milk Cow's Milk / Oat Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Grilled Cheese Sandwich Beef Chili Cow's Milk / Oat Milk	Cheese Quesadilla Sour Cream** Pineapple Cow's Milk / Oat Milk	Beef Chili** Cheese** Turkey Hot Dogs Onion "Rings" (Baked Milk) Cow's Milk / Oat Milk	Cheese Ravioli (Baked Egg / Straight Milk) Mandarin Oranges Cow's Milk / Oat Milk	Dino Nuggets (Baked Milk) Ranch Dressing** (Straight Egg) Cow's Milk / Oat Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Goldfish Crackers		Granola* (Oats)	Greek Vanilla Yogurt Pizzelles	

Fall Allergy Guide for Week 2 – (10/10/23 until 1/1/24)

**Optional items

COLOR LEGEND

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Multi-Grain O's Pumpkin "Smoothie" (Cow's Milk) Cow's Milk / Oat Milk	Multi-Grain O's 100% Cranberry Apple Juice (Juice) Cow's Milk / Oat Milk	Multi-Grain O's Greek Vanilla Yogurt Cow's Milk / Oat Milk	Multi-Grain O's Blueberry Pancakes (Baked Egg and Baked Milk) Cow's Milk / Oat Milk	Multi-Grain O's Cream Cheese** Chocolate Cow's Milk Cow's Milk / Oat Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Beef Hollywood Burger with Cheese** California Medley Cheddar Soup (Cow's Milk) Cow's Milk / Oat Milk	Ground Turkey Tacos with Shredded Cheese** Sour Cream** Pineapple Cow's Milk / Oat Milk	Beef/Pork Italian Meatballs (Baked Milk) Cow's Milk / Oat Milk	Japanese Veggie Rice (Peas) Snow Peas (Peas) "Yum Yum" Sauce** (Straight Egg) Cow's Milk / Oat Milk	Cheese Pizza Ranch Dressing** (Straight Egg) Cow's Milk / Oat Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetable, Bread/Crackers/Cookies/ Cereal, Cheese, Eggs, Milk, Dessert		Queso	Nilla Wafers (Baked Egg and Milk)	Cinnamon Rice Cakes	

Fall Allergy Guide for Week 3 – (10/10/23 until 1/1/24)

**Optional items

COLOR LEGEND

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Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Multi-Grain O's Cinnamon Rolls (Baked Milk) Cow's Milk / Oat Milk	Multi-Grain O's Belgian Waffles (Baked Egg and Baked Milk) 100% Apple Cider (Juice) Cow's Milk / Oat Milk	Multi-Grain O's Buttermilk Biscuits (Baked Milk) Whipped Cream** Cow's Milk / Oat Milk	Multi-Grain O's Greek Vanilla Yogurt Cow's Milk / Oat Milk	Multi-Grain O's Apple Muffins (Baked Egg and Baked Milk) Chocolate Cow's Milk Cow's Milk / Oat Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Turkey Club Sandwiches with Cheese** Mayo** (Straight Egg) Tomato Soup Cow's Milk / Oat Milk	Fiesta Pasta with Ground Turkey Mandarin Oranges Cow's Milk / Oat Milk	Cheese and Crafters Beef Bologna Cheddar Cheese Cubes** Cow's Milk / Oat Milk	Buttery Garlic Pasta with Tomatoes (Cow's Milk) Cow's Milk / Oat Milk	Dino Nuggets (Baked Milk) Ranch Dressing** (Straight Egg) Cow's Milk / Oat Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert	Whole Grain Cheez-Its	Apple Churros		Naan Bread Dippers (Straight Egg and Baked Milk) Tzatziki Dip	Cheddar Cheese Cubes/Cuts

Fall Allergy Guide for Week 4 – (10/10/23 until 1/1/24)

**Optional items

COLOR LEGEND

Red = Dairy / Yellow = Eggs / Green = Pork / Purple = Beef / Blue = Various Allergens (Inc. Fish/Shellfish, Citrus, Juice, Peas, and Oats)

Meal Pattern	Monday Café	Taco Tuesday	Gamers Wednesday	Travel Thursday	Family-Style Friday
Breakfast: Fruit or Fruit Juice Bread or Cereal Milk	Multi-Grain O's Pumpkin "Smoothie" (Cow's Milk) Cow's Milk / Oat Milk	Multi-Grain O's 100% Cranberry Apple Juice (Juice) Cow's Milk / Oat Milk	Multi-Grain O's Cow's Milk / Oat Milk	Multi-Grain O's Blueberry Pancakes (Baked Egg and Baked Milk) Cow's Milk / Oat Milk	Multi-Grain O's Cream Cheese** Cow's Milk / Oat Milk
Lunch: Meat or Meat Alternate Vegetable or fruit (choose 2) Bread/Bread Alternate Other (optional) Milk	Tuna Salad (Fish/Shellfish) Sandwich (Straight Egg) Cow's Milk / Oat Milk	Mexican Potato Skins with Shredded Cheese** Ranch Dressing** (Straight Egg) Pineapple Cow's Milk / Oat Milk	Pokéball Pizza Bagels Cow's Milk / Oat Milk	Mac and Cheese Lasagna (Contains Beef) Mandarin Oranges Cow's Milk / Oat Milk	Cheese Pizza Ranch Dressing** (Straight Egg) Cow's Milk / Oat Milk
Afternoon Snack: Choose a combination of any two foods from- Milk, Fruit, Fruit Juice, Vegetables, Bread/Crackers/Cereal, Cheese, Eggs, Milk, Dessert		Queso	Town Fruit Salad with Oranges**	Mozzarella String Cheese	

All Dairy Items (Fall 2023)

(*Baked Milk / **Optional)

American Cheese**

Apple Churros*

Apple Muffins*

Beef Chili Cheese Turkey Hot Dogs **

Beef Hollywood Burger with American Cheese**

Beef/Pork Italian Meatballs *

Belgian Waffles*

Blueberry Pancakes**

Buttermilk Biscuits

Buttery Garlic Farfalle Pasta with Tomatoes

California Medley Cheddar Soup

Cheese Pizza

Cheese Quesadilla

Cheese Ravioli

Cinnamon Rolls

Cinnamon Rice Cakes*

Cheddar Cheese Cubes / Colby-Jack Cheese Cuts

Chocolate Cow's Milk

Cream Cheese**

Dino Nuggets*

Feta Cheese made with Cow's Milk

Fiesta Pasta with Ground Turkey

Goldfish Crackers

Greek Vanilla Yogurt

Grilled Cheese Sandwich

Ground Turkey Tacos with Shredded Cheese**

Mac and Cheese Lasagna

Mexican Potato Skins with Shredded Cheese**

Milk (Whole and 1%)

Mozzarella String Cheese

Naan Bread Dippers

Nilla Wafers

Onion "Rings"

Pokéball Pizza Bagels

Pumpkin "Smoothie" (Cow's Milk)

Queso*

Ranch Dressing**

Shredded Cheese**

Sour Cream**

Tomato Soup

Turkey Club Sandwich with American Cheese**

Tzatziki Dip

Whipped Cream**

Whole Grain Cheese-Its

All Straight Egg Items (Fall 2023)

(*Baked Egg Items / **Optional Egg Item)

Apple Churros*
Apple Muffins*
Belgian Waffles*
Blueberry Pancakes*
Cheese Ravioli
Mayo**
Naan Bread Dippers
Nilla Wafers*
Ranch Dressing**
Tuna Salad Sandwich
Vanilla Pizzelle's
"Yum Yum" Sauce**

All Beef and Pork Items (Fall 2023)

Beef Chili with Corn
Beef Hollywood Burger with American Cheese
Beef/Pork Italian Meatballs
"Cheese and Crafters" with Zweigle's Beef Bologna
Mac and Cheese Lasagna with Ground Beef

All Oat Items (Fall 2023)

(**Optional Oat Item)

Assorted Cereal (Multi-Grain O's)**
Granola**
Oat Milk

All Citrus Items (Fall 2023)

(**Optional Citrus Item)

Mandarin Oranges
Pineapple

All Fish/Shellfish Items (Fall 2023)

Tuna Salad Sandwich

All Pea Items (Fall 2023)

Snow Peas
Tuna Salad Sandwich
Japanese Veggie Rice

All Restricted Items for Vegetarian Diet (Fall 2023) (Optional Meat items)**

Beef Chili** Cheese Turkey Hot Dogs
Beef Chili with Corn
Beef Hollywood Burger with American Cheese
Beef/Pork Italian Meatballs
Cheese and Crafters with Beef Bologna
Chicken Rice Soup with Mirepoix
Crescent Rolls with Turkey Sausage
Dino Nuggets
Fiesta Pasta with Ground Turkey
Mac and Cheese Lasagna
Mexican Shredded Potato Skins with Turkey Bacon**
Ground Turkey Tacos
Tuna Salad Sandwich
Turkey Club Sandwich
Japanese Veggie Rice with Chicken
Yellow Rice (Contains Chicken)

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

100% Apple Cider
100% Cranberry Apple Juice

All Items for Canned Fruit Restricted Diets (Fall 2023)

Mandarin Oranges
Pears
Peaches
Pineapple
Pumpkin "Smoothie"
Town Fruit Salad