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## BIG 9 ALLERGY GUIDE

-  Egg
-  Dairy
-  Wheat
-  Peanut
-  Treenut (ex: Almond)
-  Soy
-  Fish
-  Shellfish
-  Sesame



Hot Monday	Dairy Tuesday	Cereal Wednesday	Baked Thursday	Hot Friday
Blueberry Waffles    	Vanilla Yogurt Cinnamon Granola 	Cinnamon Toast Crunch 	Cinnamon Super Slice    	Egg & Cheese English Muffin    
Maple Waffles    	Bagel Cream Cheese / Butter With Assorted Fruit  	Chex & Blueberry Chex	Frudel (K-12)  	Egg & Cheese Croissantwich    
Triple Berry French Toast   	Berry Yogurt Cinnamon Granola 	Cheerios & Honey Cheerios	Lemon Slice    	Egg & Cheese English Muffin    
Cinnamon French Toast   	Mini Cinnis  	Cocopuffs	UBR Breakfast Bar (K-12)    	Egg & Cheese Wrap    
			Blueberry Muffin (PK)    	Banana Muffin (PK) 