

August 30- September 3

| Rooms 5 - 11    | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|-----------------|---|--|---|--|--|
| Breakfast       | Waffles<br>Pears<br>Milk<br><br>**Waffles are dairy free**                          | Blueberry Muffins<br>Diced Gala Apples<br>Milk<br><br>**DF: Abe's Muffin's**   | English Muffin w/<br>Strawberry Jam<br>Mixed Tropical Fruit<br>Milk<br><br>**English Muffin is dairy free** | Chex Cereal<br>Bananas<br>Milk   | Fruit Smoothie<br>Graham Crackers<br><br>**DF: Water downed juice instead of dairy** |
| Lunch           | Mac & Cheese<br>Green Beans<br>Tropical Fruit<br>Milk<br><br>**DF: Pasta Marinara** | Chicken Salad<br>Crackers<br>Carrots w/ Ranch<br>Mixed Fruit<br>Milk<br><br>**DF: Grilled Chicken**<br>**Veg: Veggie Chicken Patty** | Chicken Stir-fry<br>w/ Mixed Veggies<br>Mandarin Oranges<br>Milk<br><br>**Veg: Veggie Stir-fry**            | Turkey Cheese<br>Quesadillas Rolls<br>Peaches<br>Milk<br><br>**DF: No cheese**<br>**Veg: No Turkey** | Pepperoni Pizza<br>Steamed Broccoli<br>Pears<br>Milk<br><br>**DF:                    |
| Afternoon Snack | Graham Crackers<br>w/ Sunbutter<br>Water  | Goldfish<br>Applesauce<br>Water<br><br>**DF: Pretzels**  | Vanilla Yogurt<br>Peaches<br>Water<br><br>**DF: Fig bar**   | String Cheese<br>Ritz Crackers<br>Water<br><br>**DF: Applesauce**                                    | Veggie Straws<br>Mandarin Oranges<br>Water   |

September 6- 10

| Rooms 5 - 11       | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--------------------|--|--|--|--|---|
| Breakfast          | Nutri Grain Bar<br>Mandarin oranges<br>Milk<br><br>**DF: Fig Bar**                                 | Pancake<br>Bananas<br>Milk<br><br>**DF: Cheerios**   | Fruit Parfait w/<br>Crushed Graham<br>Crackers<br><br>**DF: Waffle**         | French Toast Sticks<br>Fresh Apple Slices<br>Milk<br><br>**DF: Sausage Patty**                                 | Fruit w/<br>Toast and Jam<br>Milk   |
| Lunch              | Bacon Grilled Cheese<br>Tomato Soup<br>Melon<br>Milk<br><br>**DF: No Cheese**<br>**Veg: No Bacon** | BBQ Chicken Sliders<br>Peas<br>Peaches<br>Milk<br><br>**DF, GF: Burger Bun**<br>**Veg: Veggie Burger** | Chicken Greek Gyro<br>Corn<br>Mixed Fruit<br>Milk<br><br>**Veg: No Chicken** | Beef-a-roni<br>Side Salad<br>Tropical Fruit<br>Milk<br><br>**Veg: macaroni<br>w/veggie meat crumble<br>sauce** | Chef's Salad w/<br>Turkey, Cheese,<br>Tomatoes<br>Apple Slices<br>Milk<br><br>**DF: No Cheese**<br>**Veg: No Turkey** |
| Afternoon<br>Snack | Animal Crackers<br>Pears<br>Water  | Chex Mix<br>Peaches<br>Water   | Bread Sticks w/<br>Marianna Sauce<br>Water                                   | Fig Bar<br>Fruit Cup<br>Water<br><br>**DF,GF: Fig bar**  | Vanilla Wafers<br>Bananas<br>Water<br><br>**GF: GF Cookies**  |

September 13- 17

| Rooms 5 - 11       | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--------------------|--|--|---|--|---|
| Breakfast          | Corn Flakes<br>Pears<br>Milk   | Vanilla Yogurt<br>Blueberries<br><br><b>**DF: Cereal**</b>           | Oatmeal<br>Fresh Apple Slices<br>Milk   | Scrambled Egg<br>Toast w/ Grape Jam<br>Oranges<br>Milk<br><br><b>**EF: Sausage Patty**</b>                           | Sausage Biscuit<br>Tropical Fruit<br>Milk<br><br><b>**Veg: Veggie Sausage**</b><br><b>**DF: Sausage Patty w/<br/>           wheat bread**</b> |
| Lunch              | Chicken Tenders<br>Green Beans<br>Apple Slices<br>Milk<br><br><b>**Veg: Veggie Nuggets**</b> | Tex-Mex Stir-fry<br>w/ Beans, Corn,<br>Peaches<br>Milk               | Sweet & Sour Chicken<br>w/ White Rice<br>Mandarin Oranges<br>Peas & Carrots<br>Milk<br><br><b>**Veg: Fried Rice**</b> | Salisbury Steak<br>w/ Gravy<br>Peas<br>Pears<br>Milk<br><br><b>**DF: No Gravy**</b><br><b>**Veg: Veggie Burger**</b> | Chicken Sandwich<br>Carrots<br>Peaches<br>Milk<br><br><b>**Veg: Veggie Chicken<br/>           Patty**</b>                                     |
| Afternoon<br>Snack | Oatmeal Cookies<br>Vanilla Yogurt<br>Water<br><br><b>**DF: Fruit Cup**</b>                   | String Cheese<br>Rice Cakes<br>Water<br><br><b>**DF: Fruit Cup**</b> | Nutri Grain Bar<br>Applesauce<br>Water<br><br><b>**DF: Fig Bar**</b>  | Graham Crackers<br>Fruit Cup<br>Water  | Veggie Straws<br>Peaches<br>Water   |

September 20- 24

| Rooms 5 - 11       | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|--------------------|---|--|--|--|---|
| Breakfast          | English Muffin w/<br>Jelly<br>Peaches<br>Milk                                   | Cheese Grits<br>Mixed Fruit<br>Milk<br><br>**DF: No Cheese**                       | Waffle<br>Pineapples<br>Milk<br><br>**GF,DF: Waffle**  | Blueberry Bagel w/<br>Cream Cheese<br>Applesauce<br>Milk                 | Kix Cereal<br>Bananas<br>Milk<br><br>**GF, DF: Waffle**                             |
| Lunch              | Cheese Pizza<br>Green Beans<br>Fruit Cocktail<br>Milk<br><br>**DF: Pita Pizza** | BBQ Chicken Sliders<br>Pears<br>Green Beans<br>Milk<br><br>**Veg: Grilled Cheese** | Swedish Meatballs<br>Mashed Potatoes<br>Mandarin Oranges<br>Milk<br><br>**DF: Peas & Carrots** | Fish Sticks<br>Peas<br>Pineapples<br>Milk<br><br>**Veg: Veggie Protein** | Turkey Meatball Subs<br>Peaches<br>Carrots<br>Milk<br><br>**Veg: Veggie Meatballs** |
| Afternoon<br>Snack | Vanilla Yogurt<br>Bananas<br>Water<br><br>**DF: Crackers**                      | Fig Bar<br>Pears<br>Water  | Oatmeal Cookies<br>Applesauce<br>Water   | Mandarin Oranges<br>Graham Crackers<br>Water                             | Vanilla Wafers<br>Mixed Fruit Cup<br>Water  |

September 27- October 1

| Rooms 5-11         | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--------------------|--|---|--|---|---|
| Breakfast          | Bagel w/<br>Strawberry Cream<br>Cheese<br>Peaches<br>Milk<br>**DF: Use Jam**           | Scrambled Eggs<br>& Toast w/Strawberry<br>Jam<br>Pineapples<br>Milk<br>**EF: Sausage Patty**                          | French Toast Sticks<br>Pears<br>Milk<br>**DF: Sausage Patty**  | Fruit Smoothie w/<br>Graham Crackers<br>**DF: Use watered down<br>juice**   | Corn Flakes Cereal<br>Bananas<br>Milk<br>**DF: Cheerios**   |
| Lunch              | Mac & Cheese<br>Peas<br>Fresh Apple Slices<br>Milk<br>**DF: Pasta w/ Marinara<br>Sauce | Sunbutter & Honey<br>Sandwich<br>Carrots w/ Ranch<br>Bananas<br>Milk<br>**No Honey for Toddlers**<br>**DF: No ranch** | Chicken Alfredo Pasta<br>Mixed w/ Broccoli<br>Pears<br>Milk<br>**DF: Pasta Marinara**<br>**Veg: No Chicken** | Turkey and Cheese<br>Sandwich<br>California Blend<br>Veggies<br>Milk<br>**DF: No Cheese **<br>** Veg: No turkey** | Grilled Chicken<br>Nuggets<br>Sweet Potato Tater<br>Tots<br>Orange Wedges<br>Milk<br>**Veg: Veggie Chicken<br>nuggets** |
| Afternoon<br>Snack | Pretzels w/ Hummus<br>Water  | Goldfish<br>Applesauce<br>Water<br>**DF: Oatmeal Cookies**  | Nutri Grain Bar<br>Mixed Fruit<br>Water<br>**DF: Fig Bar**   | Veggie Straws<br>Mandarin Oranges<br>Water  | String Cheese<br>Ritz Crackers<br>Water<br>**DF: Veggie Straws**  |

October 4- 8

| Rooms 5-11         | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--------------------|--|---|--|---|---|
| Breakfast          | Oatmeal w/<br>Blueberries<br>Milk  | Waffles w/<br>Strawberries<br>Milk<br><br>**DF: Waffles**                             | Cheerios<br>Bananas<br>Milk  | Blueberry Muffins<br>Mandarin Oranges<br>Milk<br><br>**DF: English Muffin**   | Fruit Parfait<br>w/Fresh Fruit<br>Crushed Graham<br>Crackers<br><br>**DF: No Yogurt**                   |
| Lunch              | Spaghetti w/meat<br>sauce<br>Tomato & Cucumber<br>Salad<br>Milk<br><br>**Veg: Pasta w/<br>Marinara** | Grilled Cheese<br>Tomato Soup<br>Oranges<br>Milk<br><br>**DF: Sunbutter<br>Sandwich** | Chicken Soft Taco<br>w/ Black Beans &<br>Corn<br>Pears<br>Milk<br><br>**Veg: Black Bean Taco** | Chili w/ diced<br>tomatoes, pinto<br>beans<br>Saltine Crackers<br>Fresh Apple Slices<br>Milk<br><br>**Veg: Veggie Chili** | Pepperoni Pizza<br>Steamed Broccoli<br>Tropical Fruit<br>Milk<br><br>**DF: Pasta w/ marinara<br>sauce** |
| Afternoon<br>Snack | Vanilla Pudding<br>Animal Crackers<br>Water<br><br>** DF: Fruit Cup**                                | Vanilla Wafers<br>Tropical Fruit<br>Water<br><br>**DF: Oatmeal Cookies**              | Chex Mix<br>Applesauce<br>Water  | Graham Crackers<br>Vanilla Yogurt<br>Water<br><br>**DF: Applesauce**  | Rice Cakes<br>Pears<br>Water  |

October 11- 15

| Rooms 5-11         | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|--------------------|---|--|---|--|--|
| Breakfast          | Pancakes<br>Pears<br>Milk   | Cheese Grits<br>Peaches<br>Milk<br>**DF: No Cheese**   | Kix Cereal<br>Orange Slices<br>Milk   | Sausage Biscuit<br>Applesauce<br>Milk<br>**Veg: Veggie Sausage**<br>**DF: Sausage Patty**      | Bagels w/<br>Cream Cheese<br>Pears<br>Milk   |
| Lunch              | BBQ Chicken Sliders<br>Peas<br>Mandarin Oranges<br>Milk<br>**Veg: Veggie Burger** | Chicken Salad<br>Sandwich<br>Steamed Broccoli<br>Peas<br>Milk<br>**Veg: cheese sandwich**<br>**DF: Turkey sandwich** | Chicken Fried Rice<br>w/ Peas & Carrots<br>Fresh Pineapples<br>Milk<br>**Veg: Veggie Rice** | Meatball Sub<br>w/marinara<br>Garden Salad<br>Mixed Fruit<br>Milk<br>**Veg: Veggie meatballs** | Chicken Noodle Soup<br>w/ carrots<br>Fresh Apple Slices<br>Milk<br>**Veg: Vegetable soup** |
| Afternoon<br>Snack | Goldfish<br>Applesauce<br>Water<br>**DF: Oatmeal Cookies**                        | Veggie Straws<br>Fruit Cup<br>Water  | Bread Sticks w/<br>Marianna Sauce<br>Water<br>**DF: Fig Bar**                               | Pretzels w/ Hummus<br>Water<br>**DF: Fruit Cup**   | Graham Crackers<br>Sunbutter<br>Water  |

Infant/Toddler

Week 1

| Rooms 2-4          | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--------------------|--|---|--|--|--|
| Breakfast          | Waffles<br>Pears<br>Milk   | Blue Berry Muffins<br>Applesauce<br>Milk<br><br>**DF: Abe's Muffins | Toast w/ Strawberry<br>Jam<br>Milk<br><br>**DF: Wheat Bread**                                      | Cheerios Cereal<br>Bananas<br>Milk   | Deconstructed Fruit<br>Smoothie<br>Graham Crackers<br><br>**DF: Fruit Only** |
| Lunch              | Mac & Cheese<br>Mixed Tropical Fruit<br>Milk<br><br>**DF: Pasta Marinara** | Chicken Salad<br>Crackers<br>Cooked Carrots<br>Mixed Fruit<br>Milk  | Chicken Stir Fry<br>w/ Mixed Veggies<br>Mandarin Oranges<br>Milk<br><br>**Veg: Veggie Fried Rice** | Deconstructed<br>Turkey/Cheese<br>Sandwich<br>Peaches<br>Milk<br><br>**DF: No Cheese**<br>**Veg: No Turkey** | Cheese Pizza<br>Steamed Broccoli<br>Pears<br>Milk                            |
| Afternoon<br>Snack | Graham Crackers w/<br>Sunbutter<br>Water                                   | Goldfish<br>Applesauce<br>Water                                     | Vanilla Yogurt<br>Peaches<br>Water   | String Cheese<br>Ritz Crackers<br>Water  | Veggie Straws<br>Mandarin Oranges<br>Water                                   |

**\*\*Substitutions are available for children with allergies.\*\***



Infant/Toddler  
Week 2

| Rooms 2-4          | Monday   | Tuesday   | World wide Wednesday   | Thursday   | Friday   |
|--------------------|--|---|--|--|--|
| Breakfast          | Nutri Grain Bar<br>Mandarin oranges<br>Milk  | Pancake<br>Bananas<br>Milk                        | Fruit w/ Yogurt<br>Crushed Graham<br>Crackers  | French Toast Sticks<br>Applesauce<br>Milk  | Fruit w/<br>Toast<br>Milk                                    |
| Lunch              | Deconstructed BBQ<br>Chicken Sliders<br>Peas<br>Peaches<br>Milk<br>**DF: Hamburger Bun**<br>**Veg: Veggie Burger** | Grilled Cheese<br>Peas & Carrots<br>Melon<br>Milk | Deconstructed<br>Chicken Gyro<br>Green Beans<br>Mixed Fruit<br>Milk<br>**Veg: Veggie Chicken<br>Strips** | Chicken Alfredo Pasta<br>w/ Broccoli<br>Pears<br>Milk<br>**DF: Pasta Marinara**<br>**Veg: No Chicken** | Swedish Meatballs<br>Mashed Potatoes<br>Apricots<br>Milk     |
| Afternoon<br>Snack | Animal Crackers<br>Fruit Cup<br>Water  | Cheerios<br>Peaches<br>Water                      | Bread Sticks w/<br>Marianna Sauce<br>Water   | Fig Bar<br>Fruit Cups<br>Water   | Vanilla Wafers<br>Bananas<br>Water<br><br>**DF: DF Cookies** |

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Infant/ Toddler  
Week 3

| Rooms 2-4       | Monday  | Tuesday   | World wide Wednesday   | Thursday   | Friday  |
|-----------------|---|---|--|--|---|
| Breakfast       | Cheerios<br>Pears<br>Milk   | Vanilla Yogurt<br>Blueberries<br><br>**DF: Cereal**         | Oatmeal<br>Applesauce<br>Milk  | Scrambled Egg<br>Toast w/ Grape Jam<br>Milk  | Deconstructed<br>Sausage Biscuit<br>Apricots<br>Milk  |
| Lunch           | Chicken Tenders<br>Green Beans<br>Applesauce<br>Milk<br><br>**Veg: Veggie Nuggets** | Tex-Mex Stir-fry<br>Green Beans<br>Milk                     | Sweet & Sour Chicken<br>Mandarin Oranges<br>Peas & Carrots<br>Milk<br><br>**Veg: Veggie Rice** | Salisbury Steak<br>w/ Gravy<br>Peas<br>Pears<br>Milk<br><br>**DF: No Gravy**<br>**Veg: Veggie Burger** | Deconstructed<br>Chicken Sandwich<br>Cooked Carrots<br>Peaches<br>Milk<br><br>**Veg: Veggie Patty** |
| Afternoon Snack | Oatmeal Cookies<br>Vanilla Yogurt<br>Water<br><br>**DF: Fruit Cup**                 | String Cheese<br>Crackers<br>Water<br><br>**DF: Fruit Cup** | Nutri Grain Bar<br>Applesauce<br>Water<br><br>**DF: Fig Bar**                                  | Graham Crackers<br>Fruit Cup<br>Water  | Veggie Straws<br>Peaches<br>Water   |

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Infant/Toddler  
Week 4

| Rooms 2-4       | Monday  | Tuesday  | World wide Wednesday   | Thursday   | Friday  |
|-----------------|---|--|--|--|---|
| Breakfast       | Toast w/<br>Sunbutter<br>Peaches<br>Milk                                | Cheese Grits<br>Peaches<br>Milk<br><br>**DF: No Cheese**             | Waffle<br>Pineapple<br>Milk  | Blueberry Bagel w/<br>Cream Cheese<br>Applesauce<br>Milk | Cheerios Cereal<br>Bananas<br>Milk                        |
| Lunch           | Cheese Pizza<br>Green Beans<br>Fruit Cocktail<br><br>**DF: Pita Pizza** | Deconstructed BBQ<br>Chicken Sliders<br>Pears<br>Green Beans<br>Milk | Swedish Meatballs<br>Mashed Potatoes<br>Mandarin Oranges<br>Milk<br><br>**DF: Peas & Carrots** | Fish Sticks<br>Peas<br>Pineapples<br>Milk                | Turkey Meatball Subs<br>Peaches<br>Cooked Carrots<br>Milk |
| Afternoon Snack | Vanilla Yogurt<br>Bananas<br>Water                                      | Fig Bar<br>Pears<br>Water  | Oatmeal Cookies<br>Applesauce<br>Water   | Mandarin Oranges<br>Graham Crackers<br>Water             | Vanilla Wafers<br>Mixed Fruit Cup<br>Water                |

**\*\*Substitutions are available for children with allergies.\*\***

Infant/Toddler  
Week 5

| Rooms 2-4          | Monday  | Tuesday  | World wide Wednesday   | Thursday  | Friday   |
|--------------------|---|--|--|---|--|
| Breakfast          | Toast w/ Strawberry<br>Cream Cheese<br>Peaches<br>Milk  | Toast w/<br>Strawberry Jam<br>Pineapples<br>Milk<br><b>**EF: Sausage Patty**</b> | French Toast Sticks<br>Pears<br>Milk   | Deconstructed Fruit<br>Smoothie w/<br>Graham Crackers | Cheerios Cereal<br>Bananas<br>Milk   |
| Lunch              | Mac & Cheese<br>California Broccoli<br>Blend<br>Applesauce<br>Milk<br><b>**DF: Pasta Marinara**</b> | Sunbutter Sandwich<br>Cooked Carrots w/<br>Ranch<br>Bananas<br>Milk              | Chicken Alfredo Pasta<br>Mixed w/ Broccoli<br>Pears<br>Milk<br><b>**DF: Pasta Marinara**</b><br><b>**Veg: No Chicken**</b> | Fish Sticks<br>Vegetable Blend<br>Applesauce<br>Milk  | Grilled Chicken<br>Nuggets<br>Sweet Potato Tater<br>Tots<br>Mandarin Oranges<br>Milk |
| Afternoon<br>Snack | Graham Crackers<br>Fruit Cup<br>Water   | Goldfish<br>Applesauce<br>Water  | Nutri Grain Bar<br>Mixed Fruit<br>Water  | Veggie Straws<br>Mandarin Oranges<br>Water            | String Cheese<br>Ritz Crackers<br>Water  |

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Infant/ Toddler  
Week 6

| <b>Rooms 2-4</b>           | <b>Monday</b>   | <b>Tuesday</b>   | <b>World wide<br/>Wednesday</b>                                       | <b>Thursday</b>   | <b>Friday</b>  |
|----------------------------|---|--|---|---|--|
| <b>Breakfast</b>           | Oatmeal w/<br>Blueberries<br>Milk   | Waffles w/<br>Strawberries<br>Milk   | Cheerios<br>Bananas<br>Milk   | Blueberry Muffins<br>Mandarin Oranges<br>Milk                               | Fruit w/ Yogurt<br>Crushed Graham<br>Crackers                                |
| <b>Lunch</b>               | Spaghetti w/ Meat<br>Sauce<br>Peas & Carrots<br>Fruit Cup<br>Milk<br><br>**Veg: No Meat** | Grilled Cheese<br>Green Beans<br>Fresh Pineapples<br>Milk<br><br>**DF: Turkey Sandwich** | Deconstructed<br>Chicken Soft Taco<br>w/ Black Beans<br>Pears<br>Milk | Chili w/ Diced<br>Tomatoes<br>Pinto Beans<br>Crackers<br>Applesauce<br>Milk | Cheese Pizza<br>Broccoli<br>Tropical Fruit<br>Milk<br><br>**DF: Pita Pizza** |
| <b>Afternoon<br/>Snack</b> | Vanilla Pudding<br>Animal Crackers<br>Water<br><br>**DF: Fruit Cup**                      | Vanilla Wafers<br>Fruit Cups<br>Water<br><br>**DF: Oatmeal Cookies**                     | Goldfish<br>Applesauce<br>Water<br><br>**DF: Graham Crackers**        | Graham Crackers<br>Vanilla Yogurt<br>Water<br><br>**DF: Applesauce**        | Crackers<br>Pears<br>Water   |

**\*\*Substitutions are available for children with allergies.\*\***

Infant/Toddler

Week 7

| Rooms 2-4       | Monday  | Tuesday  | World wide Wednesday   | Thursday   | Friday  |
|-----------------|---|--|--|--|---|
| Breakfast       | Pancakes<br>Pears<br>Milk   | Cheese Grits<br>Peaches<br>Milk<br><br>**DF: No Cheese**   | Cheerios Cereal<br>Mandarin Oranges<br>Milk  | Deconstructed Sausage Biscuit<br>Applesauce<br>Milk<br><br>**Veg: Veggie Sausage**         | Toast w/<br>Cream Cheese<br>Pears<br>Milk                                 |
| Lunch           | Deconstructed BBQ Chicken Sliders<br>Peas<br>Mandarin Oranges<br>Milk<br><br>**Veg: Veggie Burger** | Deconstructed Turkey Pinwheels<br>Steamed Broccoli<br>Pears<br>Milk<br><br>**DF: No Cheese**<br>**Veg: No Turkey** | Chicken Fried Rice w/ Peas & Carrots<br>Fresh Pineapples<br>Milk<br><br>**Veg: Veggie Rice** | Turkey Meatball Sub<br>Green Beans<br>Mixed Fruit<br>Milk<br><br>**Veg: Veggie Meatballs** | Deconstructed Chicken Noodle Soup w/ Cooked Carrots<br>Applesauce<br>Milk |
| Afternoon Snack | Goldfish<br>Applesauce<br>Water<br><br><br>**DF: Graham Crackers**                                  | Veggie Straws<br>Fruit Cup<br>Water  | Bread Sticks w/ Marianna Sauce<br>Water  | Animal Crackers<br>Fruit Cup<br>Water  | Graham Crackers<br>Sunbutter<br>Water                                     |

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