

We strive to accommodate all of the food needs of students and chaperones.
 To discuss particular allergies and concerns, please feel free to contact School Programs at 970-468-2098 or SchoolPrograms@KeystoneScienceSchool.org.

Meal	Food Item	Brand	Peanut X= yes	Gluten X= yes	Dairy X= yes	Eggs X= yes	Vegetarian X = yes	Soy X= yes	Seeds X = yes	
Breakfast	Cheerios	General Mills		X			X	X		
Breakfast	Cinnamon Toast Crunch	General Mills		X			X	X		
Breakfast	Corn Chex	General Mills					X			
Breakfast	Cottage Cheese	Glen View Farms			X		X(NOT VEGAN)			
Breakfast	Fruit (sliced pears, peaches, or pineapple)	Harvest Value					X			
Breakfast	Granola	Cascadia Farms		X			X			
Breakfast	Maple Syrup	Harvest Value					X			
Breakfast	Milk (2%)	Sinton			X					
Breakfast	Oatmeal (package)	Quaker		X						
Breakfast	Oatmeal (homemade)	Quaker	(ask the chef)							
Breakfast	Orange Juice	Sun Orchard					X			
Breakfast	Raisin Bran	Kellogg		X			X			
Breakfast	Yogurt (blueberry or vanilla)	Land o' Lakes			X		X(NOT VEGAN)			
Breakfast- Day 1	Biscuits	Pillsbury		X	X	X	X			
Breakfast- Day 1	Gravy	Monarch		X	X		X	X		
Breakfast- Day 1/2	Sausage	Hormel								
Breakfast- Day 1/2	Scrambled Eggs	Glen View Farms				X				
Breakfast- Day 2	Belgian Waffles/Pancakes	Heartland		X	X	X	X	X	X	
Dinner- Day 1	Black Beans	Del Pasado					X			
Dinner- Day 1	Cheddar Cheese	Glenview Farms			X		X(NOT VEGAN)			
Dinner- Day 1	Hot Sauce	Cholula					X			
Dinner- Day 1	Lettuce	Cross Valley Farms					X			
Dinner- Day 1	Salsa	Del Pasado					X			
Dinner- Day 1	Sour Cream	Glenview Farms			X		X(NOT VEGAN)			
Dinner- Day 1	Spanish Rice	Near East					X(NOT VEGAN)			
Dinner- Day 1	Taco Meat (ground turkey, tomato sauce, garlic, onion, chili powder)	<i>Check with Chef</i>								
Dinner- Day 1	Tortillas Corn	Old El Paso					X			
Dinner- Day 1	Tortillas Flour	Del Pasado		X			X			
Dinner- Day 2	Balsamic Dressing	Homemade								
Dinner- Day 2	Garlic Bread (hot dog buns, garlic, butter)	<i>Check with Chef</i>		X	X		X(NOT VEGAN)	X		
Dinner- Day 2	Italian Dressing	Good Seasons			X					
Dinner- Day 2	Meat Sauce (tomato sauce, garlic, onion, basil, oregano)	<i>Check with Chef</i>								
Dinner- Day 2	Parmesan Cheese	Rosselli			X		X(NOT VEGAN)			
Dinner- Day 2	Pasta- Gluten	Harvest Value		X			X			

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Dinner- Day 2	Pasta- Gluten Free	Monarch					X		
Dinner- Day 2	Ranch Dressing	Monarch			X			X	
Dinner- Day 2	Salad (mixed greens)	<i>Check with Chef</i>					X		
Dinner- Day 2	Veggie Sauce (veggies, tomato sauce, onion, chili powder)	<i>Check with Chef</i>					X		
Lunch	Cheddar Cheese	Land o' Lake			X		X(NOT VEGAN)		
Lunch	Ham Deli Meat	Hormel							
Lunch	Jelly (strawberry)	Monarch					X		
Lunch	Lettuce	Cross Valley Farms					X		
Lunch	Mayonnaise	Kraft				X		X	
Lunch	Mustard	Monarch					X		X
Lunch	Pickles	Monarch					X		
Lunch	Provolone Cheese	Roseli			X		X(NOT VEGAN)		
Lunch	Soy Nut Butter	The Peanut Butter Substitute					X	X	
Lunch	Turkey Deli Meat	Hormel							
Lunch	Wheat Bread	Rainbo		X	X (manufactured)		X(NOT VEGAN)	X	
Snack	Animal Crackers	Keebler		X			X	X	
Snack	Apples						X		
Snack	Banana						X		
Snack	Carrots						X		
Snack	Celery						X		
Snack	Chex Mix	General Mills		X			X	X	
Snack	Fritos Corn Chip	Frito Lay					X		
Snack	Graham Cracker	Keebler		X			X		
Snack	Orange						X		
Snack	Pears						X		
Snack	Pretzels	Monarch	X (manufactured in a tree nut facility)	X			X		
Snack	Ruffles Potato Chip	Frito Lay					X		