

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken Spaghetti Roasted Herb Carrots	2 Grilled Cheese Sandwich Green Beans
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5 No School	6 BBQ Chicken Drumsticks Dinner Roll Roasted Broccoli	7 Beefy Macaroni Baby Carrots	8 Chicken Patty Sandwich Citrus Glazed Carrots	9 Beef & Cheese Nachos Charro Beans
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12 Cheeseburger Potato Wedges	13 Chicken Patty Sandwich Roasted Sesame Carrots	14 Chicken Tenders Green Beans	15 Spaghetti & Meat Sauce Roasted Spiced Cauliflower	16 No School
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19 Chicken Nuggets Charro Beans	20 Cheese Stuffed Breadsticks Green Beans	21 Chicken Patty Sandwich Potato Wedges	22 Spaghetti & Meat Sauce Roasted Broccoli	23 Hamburger Herb Roasted Carrots
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26 Chicken Enchilada Bake Mexican Black Beans	27 Orange Chicken Roasted Sesame Carrots	28 Cheese French Bread Pizza Corn Confetti	29 Chicken Patty Sandwich Citrus Glazed Carrots	30 Cheeseburger Roasted Spiced Cauliflower
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The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.¹ Called "The Big 8," these foods include: milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soy. Although these are the most commonly allergenic foods, more than 160 different foods have been indicated in food allergy reactions.¹ Any food can cause anaphylaxis, a potentially life-threatening reaction to food allergens. Avoidance of the offending food is recommended to prevent potentially life-threatening reactions by those with food allergies. For this reason, it is important to communicate food allergy concerns with your school team. Please reach out to both your school nurse and

school foodservice director to coordinate a meeting to discuss any special dietary needs required for school meals. For more information on food allergies, consider reviewing the resources below:

1. U.S. Food & Drug Administration Website.

Food Allergies: What you need to know. Available at <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAllergens/ucm079311.htm>.

2. Food Allergy Research & Education.

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Be a PAL to Friends with Food Allergies: It Can Help Protect A Life (PAL)

Did you know that 1 in 13 kids in the United States have a food allergy? Since food allergies affect so many kids, it is good to learn how you can Be a PAL® to a friend with food allergies! Here's how:

Know that food allergies are very serious. If someone with a food allergy eats something they are allergic to, they can get very ill. If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy.

Don't share your food with friends who have food allergies. For kids with food allergies, sharing food can be very dangerous. Don't offer kids with food allergies anything from your lunch or snack because it may have something in it that could make them very sick or hurt them.

Wash hands after eating. Washing your hands with soap and water after you eat can help clean off any food that is on your hands.

Help all of your friends and classmates have fun together! There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!

If a friend with food allergies feels sick, get help right away! If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911!

The **Be a PAL: Protect A Life™ From Food Allergies** education program can help children learn how to be a good friend to kids with food allergies. To learn more, visit: <https://www.foodallergy.org/education-awareness/be-a-pal>.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ½ c celery (sliced thin)
- 2 c carrots (1" slices)
- 1 c plus 2 Tbsp water (divided)
- 1 ½ c apples (unpeeled/tart/large dice)
- 1 Tbsp honey
- 2 Tbsp orange juice
- 1 Tbsp cornstarch
- salt and pepper to taste
- 2 Tbsp parsley (sliced)

1. Prepare ingredients as directed.
2. In medium saucepan sauté onions and celery in the olive oil for 2 minutes until tender.
3. Add 1 C water and the carrots to the pan and simmer until carrots are crisp but tender.
4. Drain any remaining water. Add apples, honey and orange juice to the carrots and sauté for 5 minutes.
5. Combine the cornstarch with the remaining 2 T water and add to the pan.
6. Add salt and pepper to taste.
7. Bring to a medium boil and then simmer for 2 minutes. Garnish with parsley and serve.



Please look for these icons in your cafeteria.

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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Cinnamon Toast Crunch Cereal	Sausage Biscuit Breakfast Sandwich Cherry Craisins
No School	Cheerios Cereal	English Muffin Melt	Egg & Cheese on Biscuit Cherry Craisins	Egg, Cheese & Potato Breakfast Burrito
French Toast Sticks	Steak Fingers on a Biscuit Cherry Craisins	Cinnamon Toast Crunch Cereal	Rice Krispie Cereal	No School
Breakfast Sandwich	Cheerios Cereal	Sausage Biscuit Breakfast Sandwich	Cinnamon Toast Crunch Cereal Cherry Craisins	Rice Krispie Cereal
Cinnamon Toast Crunch	Chicken on a Bun Cherry Craisins	Beef & Chicken Kolache	Potato, Egg & Cheese Breakfast Burrito	Steak Fingers on a Biscuit Breakfast Sandwich

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