

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

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19

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Golden Corn Dog
Creamy Mac & Cheese
Zesty Italian Wrap
Seasoned Green Beans
Fresh Fruit & Vegetables
Variety of Milk

Baked Bean & Cheese Burrito
Juicy Cheeseburger
Fresh Turkey Ham & Cheddar Sub
Fresh Steamed Broccoli
Fresh Fruits & Vegetable
Variety of Milk

Hot Baked Potato w/Broccoli & Cheese
Fresh Chicken Caesar Wrap
Crispy Chicken Sandwich
Sweet Citrus Glazed Carrots
Fresh Fruits & Vegetable
Variety of Milk

Crispy Chicken Fried Steak
Fresh Strawberry Fields Parfait w/granola
Savory Peach & Lime Chicken Thighs
Creamy Mashed Potatoes
Fresh Fruits & Vegetables
Variety of Milk

Cheesy Pizza
Tender Pulled Pork Tacos
Fresh Asian Salad
Hearty Refried Beans
Fresh Fruits & Vegetable
Variety of Milk

23

24

25

26

27

Zesty Cali Club Sandwich
Cheesy Quesadilla
Hot Turkey Dog
Sweet Corn Confetti
Fresh Fruits & Vegetable
Variety of Milk

Very Berry Parfait w/Granola
Sweet Glazed Orange Chicken
Hearty BBQ Pork Rib Sandwich
Roasted Sesame Carrots
Fresh Fruits & Vegetable
Variety of Milk

Beefy Cheese Nachos
Cheddar Cheesy Nachos
Savory Chicken Fajita Wrap
Mini Golden Corn Dogs
Ranch Style Beans
Fresh Fruits & Vegetable
Variety of Milk

Chicken & Waffles
Hearty Beef Meatball Sub
Fresh Garden Salad
Roasted Spiced Cauliflower
Fresh Fruits & Vegetable
Variety of Milk

Juicy Hamburger
Creamy Mini Cheese Ravioli
Crunchy Popcorn Chicken Wrap
Roasted Broccoli
Fresh Fruits & Vegetable
Variety of Milk

30

31

Smoky BBQ Pulled Pork Sandwich
Fresh Chicken Caesar Salad
Cheesy Pizza
Veggie Baked Pinto Beans
Fresh Fruits & Vegetables
Variety of Milk

Crispy Chicken Sandwich
Fresh Turkey Breast & Cheese Sandwich
Veggie Lasagna
Sweet Corn
Fresh Fruits & Vegetable
Variety of Milk

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.



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Please look for these icons in your cafeteria.



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BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low-Sugar Cereal & Grams Strawberry Cream Cheese Filled Bagel 100% Juice Fresh Fruit Variety of Milk	Hot Chicken & Biscuit Low-sugar Cereal & Grams Fresh Fruit 100% Juice Variety of Milk	Low-sugar Cereal & Gram Fluffy Muffin Top Fresh Fruit 100% Juice Variety of Milk	Hot Sausage Breakfast Pizza Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Fruity Tropical Parfait Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk
Peaches & Cream Parfait w/Granola Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Mini Fluffy Eggo Bites Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Sweet Cinnamon Roll Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Cheesy Egg Biscuit Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Fluffy Muffin Tops Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk
Crumble Coffee Cake Low-sugar Cereal & Gram Fresh Fruit 100% Juice Variety of Milk	Savory Breakfast Migas Low-sugar Cereal & Gram 100% Juice Fresh Fruit Variety of Milk			

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