

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.

Information available at <https://www.foodallergy.org/>.



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

liftoffsplayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sep Mini Cinnamon Bagels Applesauce Milk	2 Sep Breakfast Sandwich Applesauce Milk	3 Sep Pancakes Peaches Milk
6 Sep Labor Day	7 Sep Cinnamon Toast Crunch Cereal Diced Peaches Milk	8 Sep Oatmeal Chocolate Chip UBR Banana Apple Juice Milk	9 Sep Froot Loops String Cheese Fresh Apple Orange Juice	10 Sep Cinnamon Roll Applesauce Orange Juice Milk
13 Sep Confetti Pancake Bites Diced Pears Orange Juice Milk	14 Sep Pancake Sausage Bites Mixed Fruit Cocktail Apple Juice Milk	15 Sep Froot Loops String Cheese Baked Cinnamon Apples Orange Juice Milk	16 Sep Breakfast Biscuit Sandwich Banana Apple Juice Milk	17 Sep Oatmeal Chocolate Chip UBR Applesauce Orange Juice Milk
20 Sep Cinnamon Creamy Cheese Mini Bagel Baked Cinnamon Apples Orange Juice Milk	21 Sep Bacon Scramble Breakfast Pizza Baked Cinnamon Apples Grape Juice Milk	22 Sep Blueberry Pancake Bites Banana Apple Juice Milk	23 Sep Southern Style Biscuit Diced Peaches Grape Juice Milk	24 Sep Blueberries Mini Waffles Applesauce Orange Juice Milk
27 Sep Oatmeal Chocolate Chip UBR Applesauce Apple Juice Milk	28 Sep Confetti Pancake Bites Mixed Fruit Cocktail Orange Juice Milk	29 Sep Froot Loops Banana Apple Juice Milk	30 Sep Breakfast Burrito Diced Pears Orange Juice Milk	

Fresh Pick Recipe

TOMATO MOZZARELLA SALAD

- 1 avocado, sliced into large chunks
- 2 large tomatoes, large dice
- 1 cup celery, 1" slices
- 1 cup fresh mozzarella, large dice
- 1/2 cup basil, torn
- 4 teaspoons extra virgin olive oil
- 1 teaspoon lemon juice
- 1 teaspoon balsamic vinegar
- salt and pepper, to taste

1. Place salad ingredients in medium bowl.
2. Mix oil, lemon juice and balsamic vinegar, salt and pepper in small bowl.
3. When ready to serve, mix the salad with the dressing using just enough to coat the salad.

Menu subject to change due to availability



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10% post-consumer



Nutrition Information is available upon request.