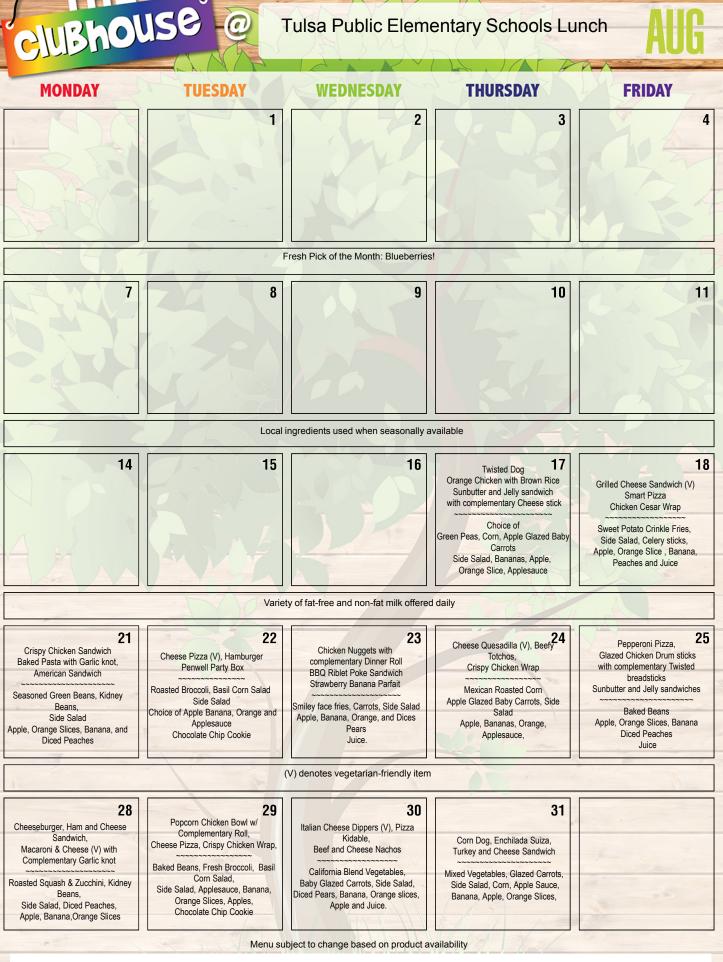
## **Tulsa Public Elementary Schools Lunch**

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This institution is an equal opportunity provider.

## The Big 9

Approximately 90% of food allergy reactions occur from one of nine common foods in the U.S. known as "The Big 9." These foods include: milk, eggs, peanuts, sesame, tree nuts, fish, crustacean shellfish, wheat and soy. More than 160 foods have been identified to cause food allergies in sensitive individuals. There are also several food ingredients that cause nonallergic hypersensitivity reactions in sensitive individuals.<sup>1</sup> 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 Information available at: https://www.fda.gov/food/food-labeling-nutrition/food-allergies

2.Food Allergy Research & Education (FARE) Information available at: https://www.foodallergy.org/



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

BREAKFAST MENU						Fresh Pick Recipe
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		-
A variety of cereal is offered daily.	August 1	August 2	August 3	August 4		BLUEBERRY AND CUCUMBER SALAD
Fruit Juices offered include Apple Juice, Orange Juice, & Grape Juice.						<ul> <li>1 Cucumber (medium/peeled/sliced thin in rounds)</li> <li>1 c Blueberries</li> </ul>
August 7	August 8	August 9	August 10	August 11		<ol> <li>1 c Strawberries(sliced)</li> <li>4 c onion(sliced thin)</li> <li>Salt and pepper to taste</li> <li>2 T Salad oil(light)</li> <li>2 T Vinegar(red or white)</li> <li>2 T Fresh parsley</li> </ol> 1. Prepare ingredients as directed. 2. In medium bowl, place the cucumber, blueberries, strawberries, and onion. 3. Toss with the oil and vinegar and add salt and pepper to taste. Garnish
August 14	August 15	August 16	August 17 Ham & Cheese English Muffin Cereal w/ Sting Chees Diced Peaches 	August 18 Cinnamon Toast Bar Cereal w/ String Cheese Apple  Milk		
August 21 French Toast Sticks Cereal w/ String Cheese Applesauce Milk August 28 Cinnamon Toast Bar Cereal w/ String Cheese Apple Sauce	August 22 Biscuits & Gravy Cereal w/ Sting Cheese Orange Smiles Juice and Milk August 29 Biscuit & Gravy Cereal w/ String Cheese Orange Smiles	August 23 Breakfast Pizza Cereal w/ String Cheese Bananas Milk August 30 Breakfast Pizza Cereal with String Cheese Bananas	August 24 Ham & Cheese English Muffin Cereal w/ String Cheese Craisins Juice and Milk August 31 Ham & Cheese English Muffin Cereal w/ String Cheese Peaches	August 25 Chicken & Waffle stack Cereal w/ String Cheese Apple Milk		with parsley.
Milk	Juice and Milk	Milk	Juice and Milk		- Ar	

We are so excited to be back for another outstanding school year! We hope to inspire and encourage all students to make healthy choices regularly!

Nutrition Information is available upon request.

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