

MONDAY



TUESDAY

3

Reduced Breakfast: \$0.00
Paid Breakfast: \$2.25

Reduced Lunch: \$0.00
Paid Lunch: \$3.25

WEDNESDAY

4

Menu Subject
to
Change

THURSDAY

5

Chicken Nuggets
w/Dinner Roll

Sweet Peas

FRIDAY

6

Big Daddy Pizza

Garden Tossed Salad

Available Daily: Turkey & Cheese Sandwich Or Peanut Butter & Jelly Sandwich

9

BREAKFAST FOR LUNCH
Pancakes
w/Egg Patty

Tater Tots

10

TACO TUESDAY
Soft Shelled Taco
w/Salsa & Cheese

Golden Corn

11

Home Made Baked Ziti
w/Breadstick

Green Beans

12

Chicken Patty on a Bun

Sweet Potato Fries

13

4x6 Smart Pizza

Garden Tossed Salad

Available Daily: Ham & Cheese Sandwich Or Peanut Butter & Jelly Sandwich

16

Open Faced Turkey Sandwich
w/Gravy

Seasoned Carrots

17

TACO TUESDAY
Taco Meat w/Chips
w/Salsa & Cheese

Golden Corn

18

Cheeseburger on a Bun

Oven Baked Fries

19

Pasta w/Meatballs
w/breadstick

Green Beans

20

French Bread Pizza

Garden Tossed Salad

Available Daily: Italian Sub or Peanut Butter & Jelly Sandwich

23

Hot Dog on a Bun

Vegetarian Baked Beans

24

Grilled Cheese Sandwich
w/Tomato Soup

Sweet Peas

25

Home Made Mac & Cheese
w/Dinner Roll

Chef's Choice Veggie

26

Chicken Drumstick
w/Dinner Roll

Steamed Carrots

27

Big Daddy Pizza

Garden Tossed Salad

Available Daily: Chef Salad or Peanut Butter & Jelly Sandwich

30

Chicken Nuggets w/ Biscuit

Oven Baked Fries



Available Daily: Turkey & Cheese Sandwich Or Peanut Butter & Jelly Sandwich

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.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 Information available at:
<https://www.fda.gov/food/food-labeling-nutrition/food-allergies>

2. Food Allergy Research & Education (FARE)
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www.liftoffplayground.com

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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BREAKFAST MENU

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