

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)
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.

www.liftoffspayground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Reduced Breakfast Price: \$0.00 Paid Breakfast Price: \$2.25		Cereal Bar w/Graham Crackers Juice or Fruit & 1% Milk	Cereal Bar w/Graham Crackers Juice or Fruit & 1% Milk
Muffin w/Graham Crackers Juice or Fruit & 1% Milk	Muffin w/Graham Crackers Juice or Fruit & 1% Milk	Muffin w/Graham Crackers Juice or Fruit & 1% Milk	Muffin w/Graham Crackers Juice or Fruit & 1% Milk	Muffin w/Graham Crackers Juice or Fruit & 1% Milk
Cereal Bowl w/Graham Crackers Juice or Fruit & 1% Milk	Cereal Bowl w/Graham Crackers Juice or Fruit & 1% Milk	Cereal Bowl w/Graham Crackers Juice or Fruit & 1% Milk	Cereal Bowl w/Graham Crackers Juice or Fruit & 1% Milk	Cereal Bowl w/Graham Crackers Juice or Fruit & 1% Milk
Nutri Grain Bar w/Graham Crackers Juice or Fruit & 1% Milk	Nutri Grain Bar w/Graham Crackers Juice or Fruit & 1% Milk	Nutri Grain Bar w/Graham Crackers Juice or Fruit & 1% Milk	Nutri Grain Bar w/Graham Crackers Juice or Fruit & 1% Milk	Nutri Grain Bar w/Graham Crackers Juice or Fruit & 1% Milk
Yogurt w/Graham Crackers Juice or Fruit & 1% Milk				

Fresh Pick Recipe

APPLE AND CARROT SAUTÉ

- 1 ½ Tbsp olive oil
- ¼ c onion (small dice)
- ¼ 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.

Nutrition Information is available upon request.