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Welcome back! Let's make this school year great!

9	10	11	12	13
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Local ingredients used when seasonally available

16	17	18	19	20
		<p>Chef Salad Orange Chick'n Bowl (V) Pepperoni Pizza Hot Dog</p> <p>Roasted Broccoli &amp; Carrots, Celery Sticks, Super Salad, Applesauce &amp; Fresh Bananas</p>	<p>Bento Box Crispy Chicken Sandwich Cheesy Omelet with Cinnamon Pinwheel Taco Quesadilla</p> <p>Tater Tot Hash, Fresh Broccoli, Garden Salad, Mixed Fruit &amp; Orange Smiles</p>	<p>Turkey &amp; Cheese Sandwich Classic Mac &amp; Cheese (V) Oklahoma Chili Pie Steak Fingers</p> <p>Green Beans, Baby Carrots, Super Salad, Cinnamon Swirled Apples &amp; Fresh Bananas</p>

Variety of fat free and low fat milk are offered daily

23	24	25	26	27
<p>Yogurt &amp; Fruit Parfait (V) Crispy Chicken Sandwich Italian Meatball Sub Homestyle Cheese Pizza (V)</p> <p>Mixed Vegetables, Baby Carrots, Caesar Salad, Fresh Apples &amp; Diced Peaches</p>	<p>Italian Deli Sandwich French Toast Sticks &amp; Sausage Giant Beef Taco Pasta with Forward Sauce (V)</p> <p>Tater Tots, Fresh Broccoli, Garden Salad, Diced Pears &amp; Orange Smiles</p>	<p>Fiesta Salad Sweet &amp; Sour Chick'n with Rice (V) Rib-b-que Sandwich Hot Dog</p> <p>Roasted Broccoli &amp; Carrots, Celery Sticks, Super Salad, Applesauce &amp; Fresh Bananas</p>	<p>Crispy Chicken Wrap Taco Nachos Cheeseburger Italian Dunkers (V)</p> <p>Aztec Corn, Fresh Broccoli, Garden Salad, Mixed Fruit &amp; Orange Smiles</p>	<p>Bento Box BBQ Chicken Sandwich Cheese Ravioli (V) Chicken Nuggets &amp; Twisted Breadstick</p> <p>Whipped Potatoes, Baby Carrots, Super Salad, Cinnamon Swirled Apples &amp; Fresh Bananas</p>

(V) Denotes a vegetarian friendly item

30	31			
<p>Ham &amp; Cheese Sandwich Bean &amp; Cheese Burrito (V) Classic Chicken Alfredo Mac Cheeseburger</p> <p>Aztec Corn, Baby Carrots, Caesar Salad, Fresh Apples &amp; Diced Peaches</p>	<p>Chicken Caesar Salad Cheese Quesadilla (V) Glazed Chicken Drumstick Walking Nachos</p> <p>Mixed Vegetables, Fresh Broccoli, Garden Salad, Diced Pears &amp; Orange Smiles</p>	<p>Turkey &amp; Cheese Sandwich Sloppy Joe Sandwich Crispy Chicken Sandwich Baked Penne Pasta (V)</p> <p>Potato Wedges, Celery Sticks, Super Salad, Applesauce &amp; Fresh Bananas</p>	<p>All American Sandwich Parmesan Chicken Popcorn Chicken with Breadstick Corn Dog</p> <p>Baked Beans, Fresh Broccoli, Garden Salad, Mixed Fruit &amp; Orange Smiles</p>	<p>All American Sandwich Italian Meatball Sub Chicken Enchilada Suiza Cheese Pizza (V)</p> <p>Roasted Broccoli &amp; Carrots, Mexican Slaw, Baby Carrots, Super Salad, Cinnamon Swirled Apples &amp; Fresh Bananas</p>

All meals are FREE!!

This institution is an equal opportunity provider.

## The Big 8

Approximately 90% of food allergy reactions occur to one of eight common foods in the U.S.<sup>1</sup> 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.<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: 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/>.

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2	August 3	August 4	August 5	August 6
August 9	August 10	August 11	August 12	August 13
August 16	August 17	August 18 French Toast Sticks Breakfast Bar Fresh Banana & Orange Smiles	August 19 Biscuit & Sausage Gravy Yogurt and Fruit Diced Peaches	August 20 Toasted Waffles Breakfast Bar Applesauce
August 23 Oatmeal Round Yogurt & Fruit Parfait Breakfast Bar Raisins and Fruit	August 24 Pancakes Yogurt & Fruit Parfait Mixed Fruit	August 25 Biscuit & Sausage Gravy Yogurt & Fruit Parfait Breakfast Bar Fresh Banana & Orange Smiles	August 26 Tater Tot Burrito Yogurt & Fruit Parfait Breakfast Bar Diced Pears	August 27 Breakfast Pizza Yogurt & Fruit Parfait Breakfast Bar Orange Smiles
August 30 Sausage Biscuit Yogurt & Fruit Applesauce	August 31 Whole Grain Bagel Blueberry Muffin Diced Peaches			

## 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.



## What is a reimbursable meal?

To qualify for a reimbursable lunch, each student must select at least 3 of the 5 components offered. One selection must be a fruit or vegetable. Meal components include fruits, vegetables, grains, meat/meat alternative, and milk.

